Chichester Herald

Friday 17th August 2012
YOUR FREE WEEKLY NEWSPAPER

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Jumbo sausage aromas blend with R and B guitars
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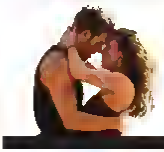

Win tickets to see Step Up 4
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Showing young people how it's done
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Boost for Midhurst

>> *Construction to begin as major step forward is taken on new centre*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

CONSTRUCTION work will begin this autumn on a new Midhurst Community and Leisure Centre and Library Development at the Grange car park site in Midhurst.

The project has taken a big step closer with the signing of all the necessary legal agreements

"These are really exciting times for Midhurst, Petworth and the surrounding villages"

by all partners. Chichester District Council has selected the Leadbitter Group as their preferred main contractor and it is anticipated that building work will begin on Monday 3 September.

The whole project, led by the district council with partnership funding from West Sussex County Council and a grant from The Monument Trust, will take about 19 months with the new facilities being completed in spring 2014.

Councillor Eileen Lintill, the council's Cabinet member for Leisure, Wellbeing and Community Services says: "We're making a start on the ground works and over the coming months everyone will be able to see the building start to take shape. These are really exciting times for Midhurst, Petworth and the surrounding villages and we're excited to be creating a first class facility, for everyone to enjoy."

Chichester District Council, West Sussex County Council and The Trustees of the Grange Community Association have agreed to work together to enable the Rother Valley Together to continue activities at the current Grange Centre

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The Grange
[illegible] (New Fram[illegible])
[illegible] and Wellbeing at
Chichester Distr[illegible] Council, Cllr Eileon Lint[illegible], Cabinet [illegible] Wellbeing at Chichester District Council and Cllr Heather Caird (Leader of Chichester District C[illegible]

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COLLISION LEAVES ELDERLY COUPLE FIGHTING FOR THEIR LIVES *Page 11*

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Chichester's city walls restoration work celebrated

SPECIAL plaques, pocket sized waymarkers are being installed in Chichester this week as part of a major project to restore the city walls for future generations.

The signs, which will create a 1.5 mile circular trail around the city walls, are one of the last parts of a three year project to celebrate and improve the city walls.

Over the past three years structural repairs to the most vulnerable sections have been completed. Restoration work has involved stitching cracks and removing loose mortar. In other places the work was structural, with eight metre long anchors being driven through the wall to prevent it from leaning or bulging further. Access improvements have also been made so more people can enjoy the city walls trail.

For 70 years the walls encircled a prosperous market town and citizens enjoyed the heyday of Roman rule. However, by the 4th Century the Roman Empire faced economic and political pressures on all fronts so the local authority decided to fortify the town with defensive towers. This impressive structure was a show of strength intended to deter potential invaders. In this respect it worked but the Roman Empire had expanded beyond its means. Under instruction from Rome, forces were withdrawn from Britain and the town was abandoned.

This could be where the story ends but over the centuries the walls were repeatedly

Example of a plaque on a part of the city walls

rescued from the brink of destruction. The Saxons repaired the almost derelict walls in preparation for Viking invasion. Following the conquest of 1066 the Normans built a castle and a magnificent Cathedral within the protection of Chichester's walls. These interventions prevented the walls from being lost forever but at the same time enabled a city to slowly establish itself, safe behind a walled curtain.

Today the walls represent the most intact circuit of Roman town defences in Southern England. More than 50% of the original structure has withstood the test of time and virtually this whole circuit is publicly accessible.

The project was awarded £685,000 from the Heritage Lottery Fund, recognising the national importance of the Walls. The grant was awarded to Chichester City Walls Partnership. Chichester District Council also contributed £195,000 towards the project.

Aggro Santos on trial accused of two rapes

RAPPER and former 'I'm A Celebrity... Get Me Out of Here!' contestant Aggro Santos has gone on trial accused of raping two women.

The 23-year-old is charged with one rape in Chichester, West Sussex, in May 2011 and another in Yeovil, Somerset, between 24 and 27 September 2010.

Mr Santos is on trial with Tyrelle Ritchie, 21, who is charged with one count of sexual assault in Chichester.

The pair, who deny the charges, are on trial at Chichester Crown Court.

Mr Santos, of Bickersteth Road, Tooting, south-west London, is appearing under his real name Yuri Santos.

Mr Ritchie, of Vauxhall Street, Lambeth, south London, was charged along with Mr Santos last September.

Mr Santos's debut single, Candy, featuring former Pussycat Dolls singer Kimberly Wyatt, shot to number five in the UK charts in 2010.

He became more popularly known through his appearance in that year's series of ITV's reality game show 'I'm A Celebrity... Get Me Out of Here!' in which he reached the last six.

Continued from page 1

Unfortunately, due to the scale of the project, there will be some disruption to car parking in The Grange car park during the construction process. However, we aim to keep this to a minimum and keep as many spaces available as possible. Provision for alternative coach parking has been arranged and the council is also exploring the provision of new temporary car parking spaces. We hope that people will bear with us during this time and we look forward to delivering a fantastic new facility. Once the development has been completed, there will be an additional 72 car parking spaces available.

The new Midhurst Community and Leisure Centre and Library Development will offer residents and visitors access to a number of services in one location, together with extended opening hours. The council has been working in partnership with West Sussex County Council, The Trustees of the Grange Community Association and Midhurst Town Council to develop a centre that will meet the community's needs.

The new centre is to replace the Grange Centre, which needs rebuilding or major repair work and is not fully accessible to people with disabilities.

The scheme has been designed to include a multi-purpose four court sports hall to meet Sport England standards, a fitness room, two squash courts and a squash viewing area, dance studio with mirrors, a library, a multi-purpose community hall and community rooms and a health suite. This may include a sauna, steam room, and relaxation area. There will

also be treatment rooms.

A bar and café with interest access is also planned. This facility will overlook South Pond, with seating in and outside of the centre. This will offer food and both non-alcoholic and alcoholic drinks. There will also be offices to accommodate leisure and building control staff with building control staff currently located in North Street, being moved into the centre. There will also be a registrar's office, where you can register births and deaths.

Chichester District Council's Customer Service team and West Sussex County Council's help point will also be located on site.

The building has been designed to be flexible, offering a range of different activity areas. Some rooms have moveable walls, allowing the centre to expand areas, or reduce them, depending on the activity.

The new bar and café will overlook South Pond, and will be able to cater for functions held at the centre. This is also located next to the community space, making it easy to cater for community events and activities.

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Jumbo sausage aromas blend with R and B guitars

Tommy Boyd

SCHOOL HOLIDAYS

Ever wondered why school Summer Holidays are six weeks long and the academic year runs from September? Of course not We Brits always accept things the way they are The answer confirms this tendency of ours, to do things as they are always done for better or worse Answer at the bottom

DOMESTIC OLYMPICS

We have a steeplechase in our house. My wife is an inveterate placer of things that have to go upstairs "next time someone is going" This triggers bouts of hurdling during the middle-distance event of going up and down stairs A bottle of shampoo and four toilet rolls sit on the bottom stair for about a week

CHICHESTER OLYMPIC GREATS

Our street threw an Olympics drinks party on the final Sunday Our next door neighbour David was in the GB Olympic hockey team which came fourth in the Rome Olympics His team were invited to a party the night before the bronze playoff and naturally they went He was modesty itself about his achievement and delightfully coy about how heavy the partying was and whether they d have beaten Spain the next day If they d all been tucked up instead Our kind of sporting hero! Respect.

IRONY

There were A boards last week all over Chichester pavements with. "A BOARD CRACKDOWN IN CHICHESTER" Witty? No probably just someone not paying attention to themselves. Again

EAST STREET

Isn t it exot c on a Saturday morning these days? Mouthwatering jumbo sausage aromas blend with R and B guitars at Festival amplification It's like a trip to Memphis! Even the dogs on lengths of rope seem to be joining in the chorus!

SCHOOL SUMMER HOLIDAYS

The reason it's a six week break goes back to the days when the children were needed to help get the wheat in from the fields And like this year the farmers couldn't be sure when It would be ready so they shut the schools to be on the safe side Then they decided you couldn t pick up with the same academic year after such a long break so they started the new year In September

GREATEST JOKE EVER

An Irishman goes for a job on a building site He is a dishevelled rough and ready fellow The foreman decides to ask him a building question. "What's the difference between a girder and a joist?" The Irishman furrows his brow "Sure that's a hard one" The foreman replies "Not really " The Irishman asks for time to think so the foreman tells him to come back after lunch The Irishman collects every Irishman he can find on the site and they retire to the pub The foreman looks through the window and sees them arguing and shouting about it At 2 o clock the Irishman returns "Well?" says the foreman "What's the difference between a girder and a joist?" the Irishman replies "Well after much thought A Goethe is likely to be a Faustian epistle demonising the industrialisation of man while a Joyce is likely to be an avant garde exploration of the private human condition "

CONTACT TOMMY AT: TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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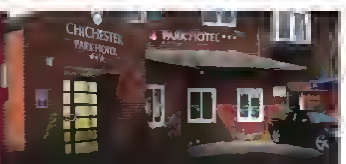

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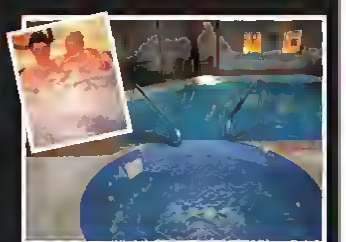

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Sunday: 9.00am - 5.00pm

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@aislinglile
"Thanks to all that joined us at the Chichester Inn Open Mic last night We had fun...we like this bar!"

@AutumnReeds
"We are very excited to finally have our busking licence for Chichester! Be out there soon to entertain you"

@PaulGibson20
"A special twitter welcome todey to 54 Germans who arrive in Arundel this morning! Part of the Bernburgh-Chichester twinning enjoy all."

@Riordan_H
"Well hello again chichester, still upper class as ever I've missed you"

@cruisegle
"I had better iron some trousers for an interview this afternoon in #Chichester Won t get the job as too old and too ugly apparently!"

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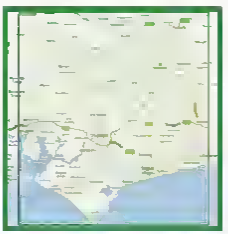

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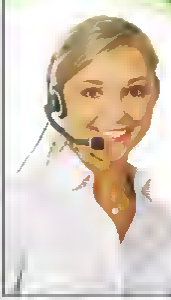

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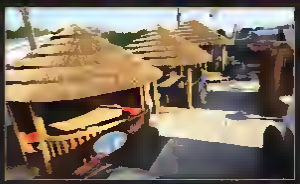

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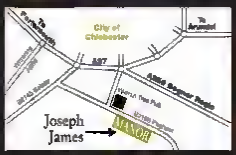

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Plans submitted for new South Downs Centre

PLANS for a new South Downs Centre which will become a hub for communities in the National Park and a base for people who work, partner and volunteer for the South Downs National Park have been submitted for approval.

Based in parts of Capron House in Midhurst, the South Downs Centre will also help to preserve two important listed buildings using best sustainable practice and local skills and materials. A maximum budget of £2.897 million has been allocated to the project, including a significant sum of £311,000 towards meeting the best possible standards of sustainability.

Trevor Beattie, Chief Executive of the South Downs National Park Authority said: "The South Downs Centre will be an amazing resource for local communities, both near to Midhurst and across the National Park. It will include space for a wide range of community groups and a centre where people can come for information about the National Park.

"The plans that we've submitted show how the buildings will look and be used, and how we will set new standards of sustainability and community enterprise in the National Park. We're now developing more detailed plans for how the Centre will work in practice and are looking forward to discussing this with local people."

The plans and designs for the refurbished South Downs Centre will be on display at an informal open session for local residents, communities and other interested parties in the Memorial Hall at Capron House from 15.30 - 19.30 in Midhurst on Wednesday 22 August 2012.

Morgan Sindall has been appointed by the South Downs National Park Authority (SDNPA) as the principal construction contractor because of the company's proven track record in sustainable refurbishments of historic and listed buildings. Morgan Sindall aims to source 90 per cent of its supply chain from within 30 miles of the project site, providing employment for local subcontractors and suppliers with specialist skills relevant to the project.

The SDNPA is keen to engage with local stakeholders, to promote local apprenticeships and to encourage schools to participate in educational activities and site visits.

A statutory public consultation through the planning process will begin shortly and more information will be available on the South Downs National Park Authority's online planning register at that time.

Petworth terrorised by vandals

POLICE are appealing for information after a number of vehicles, properties and business premises were vandalised in Petworth town centre between 10pm on Saturday 4 August and 10am on Sunday 5 August.

A single line of bright blue spray paint was sprayed along the buildings and vehicles.

PCSO Ian Luxford said: "This was a mindless act of vandalism within the town, resulting in cost implications for all those whose property has been vandalised. We ask that anybody who knows anything about this to please come and talk to us.

Any witness or anyone with information is asked to call 101 quoting serial 0625 of 5/8. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

Police call out for witnesses of fatal collision

POLICE are appealing for witnesses to a fatal collision on Madgwick Lane in Westhampnett near Chichester on Sunday August 12.

A motorbike collided with a Mazda at 9.40am near the junction with Claypit Lane. The rider of the motorbike, a 27-year-old man from Southbourne, sustained fatal injuries and was pronounced dead at the scene.

The driver of the car, a 65 year-old woman from Chichester, was not injured.

PC Stuart Watson from the Road Policing Investigation team said: "The road was closed for more than six hours while officers attended and we would like to thank drivers for their patience. Our thoughts are with the family of the deceased man at this time.

"We are asking anyone who saw what happened or saw either vehicle prior to the collision to please come forward and contact police on 101 quoting Op Laetne."

Severe collision sees main road closed

PATIENT DRIVERS had to wait five hours due to a road closure on Sunday 12th August after a collision took place on a main road. The collision involved a car and a caravan crashing on the A29, which closed both ways between the A27 at Fontwell and the A24 at Whiteways Lodge Roundabout. Despite the collision only occurring at 2.40pm the road was still closed at 7pm.

The seriously injured man and woman in the 4x4 were taken to hospital in the Sussex Air Ambulance that landed on the hard shoulder of the main road. The police helicopter, Hotel 900 and Sussex Air Ambulance rushed to help at the scene.

Dangerous needle used in robbery

A HOGNOR MAN was robbed by two men who threatened him with a needle on Tuesday afternoon (Aug 7).

The man was approached as he walked in the alleyway at the side of Hotham Park at about 2pm. The men spoke to him briefly and then as he continued out of the subway towards Upper Bognor Road/Parkside, the men caught up with him on bikes. One of them produced a needle, demanded the rings from his fingers and also took his rucksack. They then rode off back down the alleyway towards the subway.

The first suspect was white, 25-28, 5' 7"-5' 8", of slim to medium build, with very short shaved blond or light brown hair. He had bad skin with a pockmarked face and chin and a tribal pattern tattoo on the bottom of his left forearm and wrist. He was scruffy in appearance. He was riding a red mountain bike and spoke with an eastern European accent.

The second man was also white, 25-30, 6', of large, muscly broad build with very short cropped brown hair, light brown stubble and tattoos on both forearms, possibly some form of writing. He was riding a dirty BMX bike. Both were wearing black tracksuit bottoms.

Police are appealing for anyone who witnessed the robbery, saw the two men in the area around the time or recognise the descriptions, to call Sussex Police on 101 quoting serial 1042 of 07/08.

Planning Inspector dismisses appeal for major glasshouse development

A PLANNING Inspector dismissed an appeal for a major glasshouse development at Easton Farm on Friday (10 August).

Madestein had applied to Chichester District Council for glasshouse, office building and associated works on 52 acres of land at Easton Farm, Almodington.

The council's Area Development Control Committee South refused the application in March 2011 on the grounds that the development is unacceptable in principle due to its location in the countryside outside the Horticultural Development Areas designated in the Local Plan, would have an unacceptable and damaging impact on the landscape due to its size and scale, particularly in the short/medium term as it would not be satisfactorily mitigated by the landscape proposals and, is not well located in relation to the strategic road network and would result in increased traffic levels, including HGV movements on unsuitable roads.

Madestein appealed against the council's decision. The Planning Inspector Claire Sherratt, dismissed the appeal today, saying: "I consider the proposed development would be of a height and bulk that, together with the associated activity, would seriously damage the character and appearance of the surrounding area."

Also, on highway safety she concluded: "I am not persuaded that the proposed development would not adversely affect highway safety... I am not satisfied that the scheme of highway works proposed would overcome these concerns."

In her concluding remarks she said that "a safe and suitable access cannot be achieved." and that "These concerns together with the serious impacts of the development on the character and appearance of the area are severe."

Cllr Janet Duncton, Cabinet Member for Planning and Housing at Chichester District Council, says: "We are delighted that the Planning Inspector has dismissed this appeal. This application would have had a very damaging impact on the landscape and was not well located to the strategic road network being accessed by rural lanes.

"Evidence was given by three expert witnesses on behalf of the council at the appeal in relation to planning policy, landscape and highways impact. Evidence was also given by the appellants, the Almodington Association, The Macleod Wildlife and Heritage Group, CPRE and National Farmers Union."

Further details of the application can be found on the planning section of the council's website: www.chichester.gov.uk/viewplanningapplications under reference 10/04990/FUL.

Boy assaulted in Barnham

SUSSEX Police are appealing for witnesses to an attack on a boy in Barnham.

At about 8.30pm on Saturday 4 August a group of several young people attacked the 17-year-old local boy as he was walking in Barnham Road, just north of the railway station. They kicked and punched him to the ground, causing facial cuts and bruises and bruises to his stomach, for which he declined medical treatment.

PC Angie Keeley said: "If you saw what happened or have any other information about this unprovoked attack, please contact us in confidence via 101 quoting serial 1501 of 4/8. You can also call independent charity Crimestoppers anonymously via 0800 555 111.

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Illustration by Rachel Sim
Short Course Tutor at West Dean College

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Local students photograph Chichester harbour

LOCAL STUDENTS have had the opportunity to hone their photography skills thanks to a project run by Chichester Harbour Conservancy

Nearly 100 students have already visited Chichester Harbour on field trips to learn more about photography The trips hosted by Chichester Harbour Conservancy are being held in conjunction with the Year of Photos project Since the 1 April 2012, the Conservancy have been collecting a photo of the harbour each day which will continue until the end of March 2013 All the photos are being collected into an online gallery to show the changing seasons and all aspects of life around this area of outstanding natural beauty

To encourage younger ones to get involved, photography training days have been held at the Harbour Education Centre at Dell Quay Students from Warblington School, Chichester High School for Girls and Front Lawn School spent time at Dell Quay accompanied by professional photographer Paul Gonella Having the chance to spend time with a professional photographer allowed the pupils to explore details of a wider landscape, and allowed them to find out about the career opportunities available to them.

Pupils from Warblington School at the Education Centre, Dell Quay Photo by Paul Gonella

Paul Gonella said that working with the schools has been really good fun "I was amazed at how good their photos were. Chichester Harbour is a fantastic place to practice photography with so many options in just one small area."

Two more schools, Maugham Junior and Rosmere Junior Schools will visit the Harbour in the Autumn term

The schools workshops and Year of Photos project have been kindly funded by The Friends of Chichester Harbour

The photograph gallery can be seen at www conservancy co uk/gallery/36/ You can view Paul Gonella s work at www queteorners com

Sporting event at University aims to inspire a generation

MORE THAN 60 children from the Chichester district have tried Olympic sports for the first time in an event designed to inspire the next generation of champions.

The University of Chichester teamed up with affordable housing provider Affinity Sutton to organise the free event on Wednesday 5 August, giving them the chance to try sports such as handball, basketball and gymnastics that are growing in popularity thanks to the Olympics

Jane Hankey Neighbourhood Investment Officer for Affinity Sutton, said "We wanted to celebrate the Olympics and leave our own legacy We introduced the kids to lots of different sports and if they like them, we have given them the details of local clubs where they can carry on "

The event at the University s Sports Activity and Research Centre attracted children from a wide age range, between 6 and 14 years old, and was delivered by staff and students from the University who are qualified to coach both traditional and minority sports.

They also had the opportunity to meet Olympic torchbearer Ant Stewart, who ran a leg of the relay in Chichester, hold the Olympic torch and ask him about his experience of running with the Olympic flame

Going for bronze, silver and gold

EIGHT people with learning difficulties, who attend the Wroxford Centre, have received awards for achieving significant personal milestones

The group of eight – Joanna Farley, Carole Knight, Vicky Francis Anthony Terry, Rose Perkins, Paul Howard, Rhona Hill and Jac Notley – were presented with Gateway Awards in front of their friends and family during a ceremony at the centre in Terminus Road, Chichester

This was the second year that the award, which was developed by the learning difficulty charity Mencap, has been run at the centre

The Gateway Award aims to encourage and promote personal development, co operation, inclusion, choice and community involvement among people with learning difficulties.

It is similar in scope to the Duke of Edinburgh Award.

Joanna, Carole, Vicky and Anthony achieved a bronze award, while Rose, Paul and Rhona all achieved silver Jan received certificates for completing three out of five modules

They were presented with their awards by Graham Tyler, joint chairman of the West Sussex Learning Difficulties Partnership Board and also Deputy Cabinet Member for Health and Adults' Services for the County Council.

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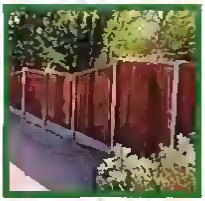

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31st Fighter Group commemoration and book launch at Goodwood

THE PROJECT in question is a ceremonial occasion taking place at Goodwood this year on 25th August to mark the 70th Anniversary of operations of the 31st Fighter Group comprising the 307th, 308th and 309th Fighter Squadrons from the wartime USAAF Station 352, known locally as RAF Westhampnett but today internationally renowned as the Goodwood Airfield and Motor Circuit.

This is situated on the West Sussex country estate of the 10th Duke of Richmond and managed by his son, the Earl of March and Kinrara, both of whom have been effective in this event which is already extensively publicised throughout the local and specialist aviation press

The ceremony is an integral part of the launch of a factual book describing the exploits of one of the USA's exceptional pilots Lieutenant Colonel Harry Strawe, DFC, with particular emphasis on his service in wartime England His photograph rightly adorns the book's cover The authors of the book, entitled "To War In A Spitfire", are Mark Hillier, Dieter Stone and Greg Percival, all currently well-known and popular pilots at Goodwood, and the co-authors of a previously published book "Westhampnett At War" which enjoyed success both in UK and the US

The authors have generously agreed to donate the proceeds from the sale of this their second book to charities that benefit veterans, and young people aspiring to careers in aviation, both in the UK and the USA. Profit from the sale of their first book was donated to RAFA, hence my close involvement in this latest venture with a wish to make it an occasion befitting its importance in the history of both US wartime aviation and the story of Goodwood Airfield

"To War In A Spitfire" benefits from many excellent photographs of the time, which have been contributed by Lieutenant Colonel Strawn's family, and the writing draws heavily on his personal diary and letters from his stay at Westhampnett He arrived in England to aid the war effort in 1942, a pilot trained on P39s as part of the 31st Fighter Group Having crossed the Atlantic on the Queen Elizabeth', at the height of U Boat activity, he and his fellow pilots converted to the Spitfire and transferred to RAF Westhampnett in time to take part in amongst other operations the ill fated Dieppe Raid His later exploits took him to North Africa, during which time he was shot down and injured but following later tours as an instructor in the States he volunteered for further active duty in the Pacific Theatre flying the P47 Of course, all of this is more fully and excitingly related in the book in question

Members of Lt Col Strawn's family from the States will be at Goodwood on 25th August for the book launch, and will lay a wreath at the 309th and 31st Fighter Group Memorial situated there in memory of all USAAF pilots who flew from Westhampnett, a number of whom were either killed or wounded Also present will be WWII veterans from the RAF, both pilots and ground personnel.

The Royal Air Forces' Association will lay a wreath, as will Goodwood Flying Club and the local Air Cadet Squadron Proceeds of the book will be going again to the RAF Association and to set up a Harry Strawe Flying Scholarship

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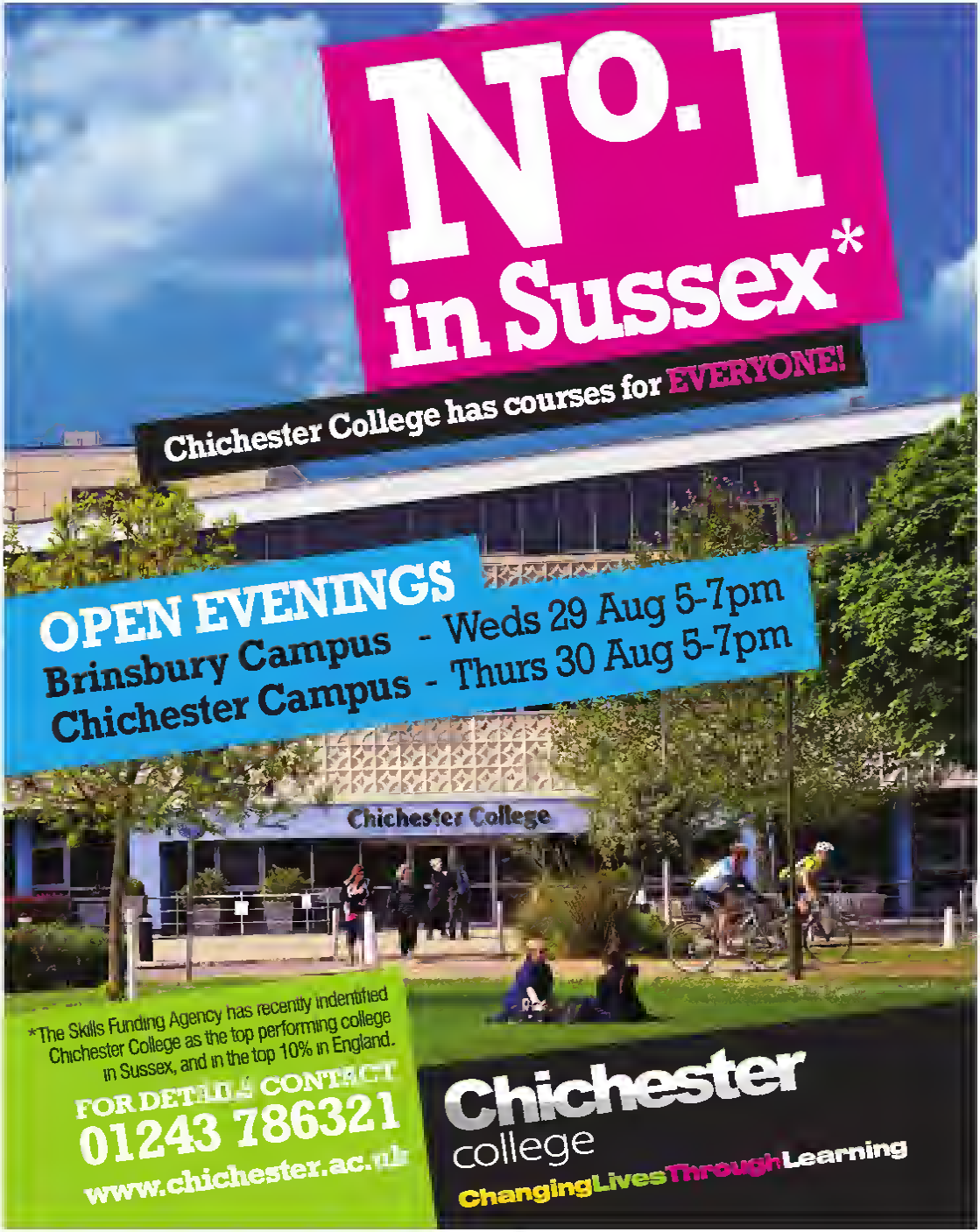
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Tigger-tastic summer fun!

THE ALDINGBOURNE Country Centre's summer holiday activities continue to be immensely popular.

West Sussex families embraced the summer sun this week and enjoyed the outdoor activities the Country Centre had on offer. Young visitors brushed up their creative skills and made broomsticks and children were enthralled when Pooh and Piglet made an appearance at the weekend, and got an extra treat when Tigger made a special guest appearance.

Pooh was asked if he really did like honey, whilst shy Piglet plucked up the courage to hug his young fans. Tigger of course lived up to his mischievous reputation, trying on hats and sunglasses and giving his audience the occasional display of bouncing. Not satisfied with meeting and greeting their fans, but the mischievous trio decided to take full advantage of the Country Centres facilities and had a round of mini golf and visited Alpacas, goats and chickens up on the Open Farm – not entirely sure what the animals made of the trio.

Pooh, Piglet and Tigger, from Pooh House and Gardens, have become popular visitors to the Aldinghourne Country Centre and Pooh and Tigger are due to make one final appearances at the Country centre this summer on Thursday 30th Aug. Mrs Grant, a parent of a very excitable child commented:

"The children loved Pooh, Piglet and Tigger. They were so excited! I think they would have stayed here all day with them given the chance."

The summer holiday activities continue at the Country Centre, on 18th August, another chance to make your own broomstick and get creative and crafty by creating models from recycled items on 19th August with Junk Modelling.

These fun packed, educational and outdoor summer activities are being run to support the Aldinghourne Trust – a local charity that supports adults with learning disabilities.

Visitors can enjoy the Country Centre's other enterprises which include a Cafe, Gift Shop, animals on the Open Farm, remote control cars and mini golf. For further information about the charity and the Aldinghourne Country Centre please visit www.aldinghournetrust.co.uk.

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50 Shades of Controversy

Gracie Cliffe

WITH the hype of Harry Potter and Twilight dying down, it seems the world is in a new frenzy over the controversial 50 Shades series. For those of you that don't know, the series is about the passionate affair between an innocent university graduate and a controlling, young CEO and it is the mature themes of the books that make them so controversial. Even though I am a bit younger than the intended target audience, being a girl of strong opinions, I decided to give the series a go for myself and honestly? I loved it.

To me a good book isn't determined by how many people are talking about it or by how many people like it, but by how captivating the story and the characters are and for me, and as cliche as it sounds, I couldn't put the books down until I was done. The storyline had me completely hooked.

After looking at discussions online and talking to my friends, I noticed a lot of people have said that they are apprehensive to try the series because it is like nothing they have read before and is too out there. But doesn't this contradict everything we are told to believe is good – stepping out of our comfort zone and trying something new?

For me, the content of the books wasn't the most shocking thing, but more was the response I got when seen reading them. When people saw me reading 50 Shades Darker in a coffee shop, they flat out stared at me. To that I say there is a difference between me reading it and doing it. I also read the books on the coach to Italy with my school and the people around me actually tried (not very subtly might I add) to read it over my shoulder. I didn't really mind this though because it proved that as much as they deny it, my friends too are intrigued by the series.

So don't judge these books by what other people are saying because as it stands they are totally unique. Sure they aren't perfect, but nothing is. Try them and you might surprise yourself, and like me, actually enjoy them.

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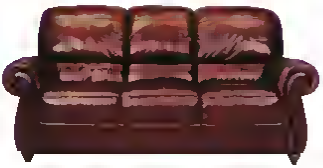

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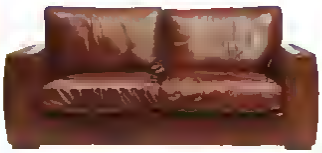

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University graduate's highly anticipated book hits shelves

AN ENGLISH AND CREATIVE WRITING graduate from the University of Chichester will be hoping her new book will prove popular with literary lovers looking for a summer read.

Rook, published by Bloomsbury Circus, is the second novel from Jane Rusbridge, and has been eagerly awaited by fans of her critically acclaimed debut, The Devil's Music, published in 2010.

Set in the West Sussex village of Southbam, Rook is a mesmerising story of family legacy and turning back the tides. It brings to life the shifting Sussex sands, and the rich seam of history lying just beneath them.

Jane said: "My preoccupation with rooks started about four years ago, when I noticed them nest building in the trees which line the lanes I drove along to work.

"On a visit to Southam I went into the church, as I've done many times before, and I noticed the bird etched on the memorial stone set in to the flagstones for King Canute's daughter's grave looked to me, like a baby rook. Immediately ideas for a storyline involving the stone coffins uncovered in Southam church in the 50s began to emerge."

Rook is the second in a two book deal from Bloomsbury. The release of the book at the beginning of August was marked by a launch party at Bloomsbury's headquarters in London, where Jane was able to celebrate the achievement of three years of research and writing. After such an intense period, she is not thinking of taking a break though.

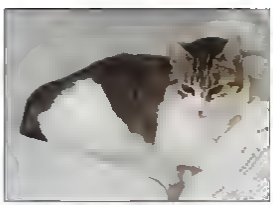
She said: "I'm busy with various author events at the moment, and a novel number three is already stirring in my mind. It's going to be a full-blown historical novel this time and my editor at Bloomsbury has expressed her interest already."

As well as being a former mature student in her 30's, she has also worked at Chichester as an Associate Lecturer since the late 1990s. While she is devoting her time to writing and research around her third novel in the coming year, she hopes to return to teaching again.

"I've been a teacher most of my adult life, so I trained originally as a primary school teacher, so I do miss not doing it. I'm hoping to return to work on the Creative Writing MA workshops the year after next" she said.

Rook is available from all leading bookstores and online.

Please find me a home



Mered[illegible] a home

THE LOCAL CAT AND RABBIT Rescue Centre's Summer Fete & Open Day was on Sunday 12th August 2012 and attended by over 1500 people who travelled to Sidlesham, 4 miles South of Chichester. To raise funds there was an Online/Fete Day Auction which included kindly donated items for popular events like the Goodwood Revival, Chichester Festival Theatre as well as restaurant meals, and hairdressing/make-over treats and memorabilia linked to the popular New Tricks television programme. Stalls to browse included toys, books/CDs/DVDs, clothes, jewellery, food produce, plants and pet products. Hospital radio did a great job co-ordinating the proceedings during the day, and the weather was fine.

At the August Open Day the buildings are open, and outdoor rabbit pens available, to allow viewing of the 200 cats, 60 rabbits and guinea pigs at The Rescue Centre and this was obviously very popular. When you wanted a recovery break there was tea, coffee, sandwiches, home made cakes and Caroline's ice cream to revive you.

The Cat and Rabbit Rescue is full with cats and kittens waiting to be rehomed. The situation has been made worse by the large number of 2012 unwanted kittens born because people did not get their cats neutered before 6 months, and others who moved on leaving non-neutered cats and kittens to become strays on the streets.

Three Adult Cats wanting a home together

The focus this week is on three lovely adult cats that came into the rescue because their owner had to move in with her mother. We hope we can find someone generous enough to offer to adopt and rehome them.

Flag is an 8 year old male neutered, long haired tabby cat aged 8 years.

Lily We[illegible] O peop[illegible]

Flak is a 9 year old male neutered male tabby and white cat.

Meredith is an 8 year old neutered female white and tabby cat.

The usual Cat and Rabbit Rescue Adoption Terms and Conditions apply.

Each cat is up to date with flu and enteritis vaccination, been neutered, and microchipped. Free vet insurance for 4 weeks is also provided. The Rescue asks for a minimum donation of £45 for each cat. Visits to the rescue are strictly by appointment, please telephone 01243 641409.

The Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.carre.co.uk

Chichester Festival Theatre announces extra events

EXTRA events accompanying music, spoken word and art will be held in the final weeks of Chichester's Festival 2012, the 50th Anniversary Season

Alan Titchmarsh, one of the nation's favourite gardeners – who is also a popular broadcaster and novelist – brings his brand new one-man show, Trowel & Error to Chichester Festival Theatre on Sunday 16 September at 6.00pm. This event is taking place in aid of the Theatre's RENEW campaign.

ABF The Soldiers' Charity Concert takes place for one night only in the Festival Theatre on Sunday 7 October at 7.00pm. Having performed at the London Olympics, the FA Cup Final and taken their music on a tour of North America, the Band of The Prince of Wales's Division is one of the British Army's premier military bands. This concert will feature favourite classics such as Land of Hope and Glory, Jerusalem and The Last Post.

The Chichester Art Trust presents the 16th National Open Art Exhibition (NOAC) in the Minerva Theatre from 11 – 21 October showing 100 works from across the UK that have been selected by a team of highly regarded judges. One of the most established and successful art competitions in Britain, the NOAC provides funds and exhibition opportunities for artists' work to be shown to as many new audiences as possible.

The artists' work will be nominated for various awards including a public vote and overall Best in Show. Following the Minerva Theatre show, the exhibition transfers to The Princes Drawing School's in London from 25 October – 2 November 2012. The winning works will then be shown at Pallant House Gallery in Chichester from 6 -18 November.

Sex, Psychology and Art is the 4th Chichester Art Lecture, exploring the passions, attitudes and art of the Freud family at the Minerva Theatre on Sunday 21 October at 7.00p.m. Art critic and artist Estelle Lovett from the Independent Radio Arts will introduce three speakers.

Sharon Kivland from Sheffield Hallam University will discuss Sigmund Freud, the founder of psychoanalysis, Martin Gayford will share his experience of sitting for Lucian Freud, one of the most influential artists of his generation and Jane McAdam Freud, Lucian Freud's daughter, will discuss her personal relationship with her father and her own career. The evening includes an interval of 20 minutes where guests can view the works of artists involved in the National Open Art Exhibition, and the event concludes with a Q&A session.

These events conclude with Gold Run, a production inspired by the history of the Paralympic Games at the Minerva Theatre on Tuesday 30 October at 7.00pm, performed by artists with learning disabilities. The show articulates the story of learning-disabled athletes who were welcomed into the Atlanta Paralympics in 1996, but later banned from competing when the Spanish basketball team fielded non learning-disabled athletes. This production is the compelling response to this controversial history, fusing film, music and visual art, a 30-strong choir and a giant sculptural head, designed and created by James Lake.

Gold Run is a collaborative arts project supported by Glyndebourne and delivered in conjunction with disability arts organisation Carousel and Pallant House Gallery in Chichester. The production premiered at Glyndebourne in April 2012 and also featured at Brighton Festival 2012.

Tickets for all events are available online at cft.org.uk or from the Box Office on 01243 781312.

Council to consult on changes to council tax benefit

PEOPLE across the Chichester District will be consulted on changes to council tax benefit that could affect them and their families.

New rules introduced by the Government mean that from April 2013 council tax benefit will be abolished and replaced by local support to help people to pay their council tax. Funding for the scheme will be cut by 10% – a reduction of around £750,000.

Councils across the country have to create local reduction schemes for their area. Chichester District Council is now beginning to explore how its scheme could look and it wants local residents to provide their views between 17 August and 14 September. The council wants the new scheme to:

- meet the needs of the local community,
- protect the most vulnerable and low income households in the district, and,
- include work incentives that will encourage people back to work.

The Government is reducing the funding it provides to the council and so it is consulting on a number of ways this could be dealt with, such as:

- reducing the amount of benefit people receive,
- making some people pay a little extra towards their council tax, or,
- changing the exemptions and level of discount on second homes, empty properties and those buildings undergoing repairs.

This would be used to help pensioners, the vulnerable and low income households to pay their council tax.

The Government has indicated that pensioners will be protected from any benefit changes.

The consultation will be achieved through two surveys. One focuses on the support given to those who currently receive council tax benefit. The other looks at the level of discounts and exemptions that are currently given to some empty properties and second homes. Those taking part in the consultation are encouraged to complete both surveys.

The surveys must be completed by 14 September, with the council making a decision on the final structure of the new system later this year. The surveys can be found from Friday 17 August at www.chichester.gov.uk/consultations or a hard copy can be requested by calling 01243 534623. Council staff will also be available to assist those who would like help completing the surveys.

Cllr Tony Dignum, Cabinet Member for Finance at Chichester District Council says: "We want to hear from local residents and homeowners, especially if they currently claim council tax benefit and are under the state retirement age. We want their views on which groups of people should be protected, or if they believe it is fairer to ask everyone to pay a little extra. We will use this information to help us make our final decisions.

"We may have to make some tough choices over the months and years ahead, and so it is important that people have their say. Implementing these changes will be a massive challenge for us. It is vital that we get the views of not only those who receive benefits, but also other groups such as landlords, agents and those with second homes.

"Our priority is to protect the most vulnerable and so for the first year we intend that no existing Council Tax Benefit claimant will be worse off as a result of the proposed new rules. However, we do aim to make some minor amendments and simplify the administration to reduce costs. In the future we may have to make further changes."

From today (17 Aug), you can find out more about the consultation and the various options at www.chichester.gov.uk/consultations, or call 01243 534623.

Chichester Business

FOLLOW US ON TWITTER
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New 'Buy With Confidence' Directory available

THE LATEST edition of the Buy With Confidence Approved Business Directory is out now

The free publication will now reach up to 20,000 people across Sussex, who will have a list of around 500 of the finest businesses in the area at their fingertips

The directory protects consumers by ensuring every business which appears on its pages has been thoroughly vetted by Trading Standards officers in West Sussex or Brighton and Hove

Each business listed, whatever its size or trade, has agreed to provide a trustworthy and high standard of customer service. They are also regularly monitored to ensure these levels are maintained

Buy With Confidence is also the only approval scheme recognised by 'Which?' Local', a recommendation website with around 650,000 subscribers

All local members of Buy With Confidence are listed on the website with a recommendation from Trading Standards

In West Sussex, the Buy With Confidence directory is available at locations across the county, including libraries and council offices. It can also be ordered by calling the County Council's Contact Centre on 01243 642124.

Find out more by visiting www.buywithconfidence.gov.uk

Carry on 'Glamping'

WITH SO MUCH to see and do at the year's Goodwood Revival (14-16 September) spectators will rarely be caught napping, even with an extended programme of activities and entertainment at the event, running later into the evening than ever before.

Despite all Revival camping selling out some weeks ago, visitors still planning to spend the whole weekend at this magical step back in time need not be deterred, as Goodwood is always very accommodating, and has popped up with some intriguing sleeping solutions.

For the first time at the Revival, the Pop Up Hotel will be available, offering a glamorous glamping alternative to traditional camping. The three tiers of accommodation will provide Revival guests with high quality elegance. The romance of staying under canvas is coupled with the luxury of great furnishings. Situated next to the Goodwood motor circuit, Pop-Up guests will have easy access to the Revival, and will even be able to watch the racers on track activities from the viewing area of the Hotel.

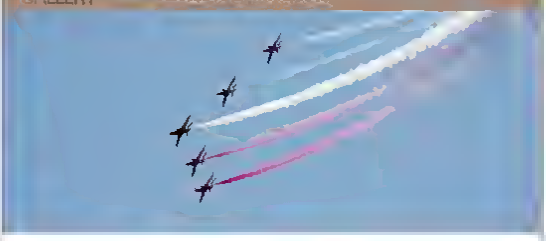
All Pop-Up rooms will include full linen, LED lighting, towels and toiletries, exclusive access to new showers and conveniences plus a changing room and make up parlour with hairdryers to help get that authentic Revival period look of the 1940s, 50s and 60s. The largest Teathouse suite offers even more luxury. The Pop-Up Hotel will also have a restaurant offering breakfast in the morning and light snacks with beverages throughout the day.

After its successful trial at this year's Festival of Speed, Goodwood will also be offering Snoozebox portable hotel accommodation to Revival visitors this year, located conveniently close to the Circuit. Each Snoozebox room has a comfortable bed and living area, with an en-suite wet room.

With the Freddie March Memorial Trophy race running into the night on Revival Friday, plus live music, entertainment, food, drink, and even a street party 'Over The Road' opposite the motor circuit each evening until 10.30, Revival visitors will not want to miss a moment of the endless attractions this September, so a convenient place to retire for the evening is bound to prove a popular treat.

ALBERT STUDIO GALLERY

ONE DAY DIGITAL PHOTOGRAPHY WORKSHOP



EVERYTHING YOU NEED TO KNOW ABOUT YOUR CAMERA

This six hour workshop starts with the absolute basics then takes you through intermediate level techniques to show you how to get the most from your digital camera. By the end of the workshop you will be more confident with your camera and it's capabilities and developed your skills enabling you to improve your photography

Teenage Summer Holiday Workshops
12 - 18 yrs old
Maximum 4 students per class (all cameras suitable)
Meet in Chichester at 10am - 4pm Price £55

Adult Workshops
Maximum 4 students per class (all cameras suitable)
Meet in Chichester at 10am - 4pm Price £85

One on One
4 hour intense workshop tailored to meet all your requirements
£95

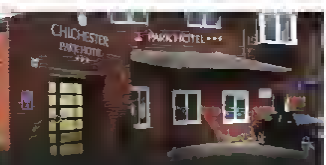
Fun & informative day out!
Week days and week end classes available
We recommend that you bring a packed lunch

ALBERT STUDIO

£10 OFF

CHICHESTER Park Hotel ***

TO MAKE A RESERVATION CALL
01243 817400

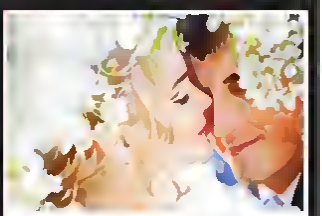


WEDDINGS
at Chichester Park Hotel

To make sure your wedding is memorable for all the right reasons, it pays not to leave anything to chance, including your search for wedding venues.

Chichester is a magnet for brides and grooms; The city's historic centre, the South Downs National Park and south coast all combine to create the perfect wedding location

Visit our website for more information on why Chichester Park Hotel is the right venue for your big day.



Having your wedding in a hotel can make the event comfortable and convenient for both you and your guests; after the big day, you can quickly retreat to our honeymoon suite! Our hotel is suitable for either large celebrations or intimate gatherings and a bespoke menu can be designed just for you. And we can provide pre-wedding pampering sessions thanks to our Retreat Beauty Spa. So what are you waiting for? Chichester Park Hotel is the perfect venue for your wedding day!

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO18 7QL
Tel 01243 817400 www.chichesterparkhotel.com

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Chichester Business

Chocolate celebration as Great Taste 2012 is announced

MILK chocolate caramels produced by Chichester-based Lucy Armstrong Chocolates will be proudly displaying a coveted Great Taste 2012 logo after being judged by a panel of 350 of the nation's most discerning food experts over 45 days.

Chocolatier Lucy Armstrong has set up in business near Chichester in West Sussex, creating the finest hand-made chocolates for corporate and private clients. She is able to create original chocolates to suit all occasions including the names of the couple for wedding favours. She can produce individual chocolates or chocolate bars with a company name or logo printed in edible ink. Lucy sells her chocolates at Farmers Markets in Hampshire and West Sussex and has set up her own web-site for direct selling to the public.

To achieve Gold in Great Taste is a significant achievement for any food or drink producer and results are eagerly awaited. The scheme, run by the Guild of Fine Food, has been described as the epicurean equivalent of the Booker Prize and in 2012 a total of 8,807 different food and drink products were entered.

This is the first time that Lucy Armstrong Chocolates has entered the Great Taste award.

Lucy said: "It's very important to me that customers love the taste of my chocolates so to win this recognition is fantastic. I hope this award will help to spread the word to a larger audience."

Judges this year included Masterchef winner and restaurateur Mat Follas, restaurant critic and Masterchef judge Charles Campion, food writers Lucas Hollweg and Xanthe Clay and over 300 food buyers from leading food halls, delicatessens and farm shops, including Harrods, Selfridges and Fortnum & Mason.

A cut above at Toni&Guy

TONI&GUY Chichester have been nominated as a finalist in the Perfect Salon award. This puts them in the top 3% of all Toni&Guy and associated salons throughout UK and Ireland!

They will have to wait until October though as to whether they've won the prestigious award at a glamorous awards ceremony.

The process deciding who of the top 3% wins starts now.

A delighted salon owner Aimi Weaver, said: "We've had to provide a dossier demonstrating we're worthy winners and we actually produced a rather brilliant film to showcase our talent! We'll also have a visit from top brass later this month to assess our salon look, our skills and our service levels. But, more excitingly we've been asked to take over the exalted and renowned Blow out bar in the famous BFC tents at London Fashion Week for the whole day on Friday 14th September!

"As you can imagine this is a very exciting period for us."

Toni&Guy, 26 North Street, Chichester, West Sussex, PO19 1LB.

To book an appointment call: 01243 787488.

Staff at a... of Toni&Guy

Chichester Herald is a free weekly newspaper available for self-selected pick-up across the city of Chichester in a wide variety of locations with a weekly readership of up to 75,000

Additionally, every business in the city centre receives a copy every Friday

Providing a combination of both local and national news, Chichester Herald is a well designed and easy to read publication appealing to a vast range of individuals throughout the city

With Chichester Herald additionally available for collection from local supermarkets, newsagents, coffee shops and many other retail outlets, there aren't many places your advert won't be seen.

"...with a weekly readership of up to 75,000..."

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cineworld

Step Up 4: Miami Heat (PG)

THREE out of Five stars

Running time: 97 mins
Director: Scott Speer
Starring: Ryan Guzman, Kathryn McCormick, Misha Gabriel, Peter Gallagher, Cleopatra Coleman, Tommy Dewey, Megan Boone

Enjoyable fourth instalment of the popular franchise that succeeds thanks to stunning dance sequences, appealing leads and a script that actually has something to say (relatively speaking), though the film is a little over-reliant on the usual cliches.

What's it all about?

Directed by Scott Speer, Step Up 4: Miami Heat (which ditched its more provocative original title of Step Up Revolution) is the fourth instalment in the popular franchise and stars Ryan Guzman as Sean, the leader of an underground Miami dance crew called The Mob who stage elaborate flashmob-style performances in various surprise venues in the hopes of winning a YouTube competition and turning professional. However, things get complicated when Sean falls for beautiful dancer Emily (Kathryn McCormick) and she turns out to be the daughter of property tycoon Anderson (Peter Gallagher), who plans to tear down the crew's characterful beachside neighbourhood and build a luxury resort complex.

When Emily asks Sean if she can join the crew, he decides to keep her identity a secret from the other members, with predictable results. Meanwhile, Emily is attempting to win a place in a prestigious dance school and asks Sean to help her come up with an inventive routine that will help with her audition.

The Good

Guzman and McCormick have strong chemistry together, especially when they're dancing, and make appealing, likeable leads. Peter Gallagher adds a welcome touch of class as Anderson and there's strong support from Misha Gabriel Hamilton as Sean's best friend Eddy, though none of the other characters really get a chance to register, despite their captioned introductions at the beginning.

Obviously, a Step Up fourquel is going to stand or fall on the quality of its dance performances and in that respect, Step Up 4 delivers the goods with a series of imaginatively staged, exciting performances that, crucially, include some things we haven't seen before (watch out for a fantastic bit involving a trampoline at the end). Similarly, the script at least pretends to be about something, adding an element of political protest and an actual purpose to the routines.

The Bad

The main problem is that the dialogue is largely bland throughout, while you can play an amusing game of ticking off the usual dance movie clichés, thankfully they ditch the one about the cheating dance contests and you can also clearly see they've cut out the one with the love rival, but all the others are present and correct. On top of that, the 3D effects fail to really enhance the film and it will work just as well in 2D. It also loses points for a cameo at the end by Step Up 2 and 3's Moose (Adam Sevani), who's only in it for less than a minute but still manages to be incredibly annoying.

Worth seeing?

Despite the abundance of clichés, Step Up 4 has a lot of fun and will appeal to fans of the franchise. Worth seeing.

STEP UP 4 COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets and merchandise, answer the following question:

Q. NAME THE CHARACTER PLAYED BY RYAN GUZMAN?

A) SEAN
B) EDDY
C) ANDERSON

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 21st August at midday. The winner will be notified later on that day.

- Last weeks winner is Anna Butler from Pulborough

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

An alfresco lunch to celebrate the late summer days – and raise funds for our hospital

THE FRIENDS of Chichester Hospitals have organised a lunch event at Great Ballard School, Eartham, on Sunday 2nd September, to celebrate the late summer days. There will be music, a delicious 2 course lunch, a bar and a chance to enjoy the lovely surroundings of the historic house.

Music will be provided by The Keston Budd Trio, comprising Nick Saunders at the keyboard, Alex Forsyth on bass and saxophone with vocalist Keston Budd. They have chosen a programme of classic jazz favourites including "Fly Me to the Moon", "Funny Valentine" and Gershwin's "Summertime".

Tickets (£12.50 each) can be booked now. Please contact Angie Hobson 01243 514532 or email admin@friendsofchichesterhospitals.org.uk.

The Friends have recently funded the £100,000 major reorganisation and modernisation of the Antenatal Reception area at St Richard's which will shortly be finished. Other schemes in the pipeline are a £154,000 robotic dispensing machine for the Pharmacy, due to be completed by September, and various smaller items such as a resource kit for the Dementia Care team to provide activities and calming therapies for patients with Alzheimers or dementia related anxiety or confusion. The Friends' Eye Appeal is still running, supporting a commitment to equip the Eye Day Surgery Unit, which now amounts to some £360,000.

Friends activities and fundraising are entirely run by volunteers who give up their time to ensure that the Ward Trolley and Hospital Shop serve patients, visitors and staff daily, and to raise and spend funds for our local hospitals. Altogether the Friends give around 10,000 hours of voluntary service and fundraising to support St Richard's and local mental health services. They hold events in the community, collections, and also receive donations and legacy income which can enable large projects to be supported. Please visit www.friendsofchichesterhospitals.org.uk for more information.

Classic cars set for Selsey

SATURDAY 18TH AUGUST
MANHOOD CLASSIC CAR ENTHUSIASTS 2ND SUMMER SHOW
10.00am-4.00pm
Recreation Ground
Admission free

SELSEY is expected to be taken back in time this weekend as over 150 classic vehicles will be on display at a car show at the Recreation Ground.

Manhood Classic Car Enthusiasts are set to stage their biggest show to date as they currently put the final touches together for their second summer show.

This follows on from another successful meeting in recent weeks with almost 50 cars and motorcycles attending their monthly get-togethers.

Members were able to show off their latest acquisitions including a recently restored performance Mk1 Ford Escort, a beautiful 1950's Lee Francis saloon and a MKII Granada, formerly property of HM The Queen on her Sandringham Estate, proving particularly popular in this Jubilee year.

Entry is free this Saturday, so pop down and show your support.

Go Wild With Ed

WELCOME to Chichester Harbour Area of Outstanding Natural Beauty. The harbour is a great place to get close to nature. Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy, gives a brief update on what you should be looking for as you explore the harbour by land or boat.

Ed Rowsell

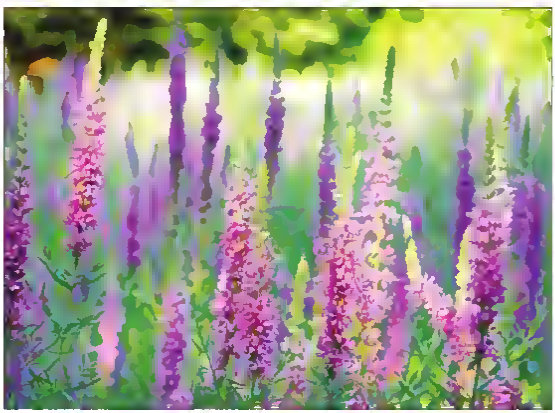
Birds
Good numbers of wading birds are now arriving in the Harbour. August is normally the peak month for Redshank, Curlew and Greenshank. These species breed in the North of England and Scotland. Researchers in the Pennines have informed us that conditions were fairly good during the breeding season. Significant numbers of Dunlin and Sanderling, and a Little Stint have also been sighted. Most of these birds will continue to migrate southwards once they have replenished their fat reserves.

Mammals
There have been lots of sightings of seals (probably Harbour Seals) from East Head and Selsey. I'm not sure if it is the seals or the people that are being more active, must be the influence of the Olympics!

Bats are very active with this year's young now out hunting for themselves. It has not been a good year for bats with the poor weather earlier in the year restricting their feeding ability and food supply. The mating season will shortly commence.

Reptiles and amphibians
The variable weather will be having an effect on our reptiles and amphibians. Reptiles rely on the energy of the sun to remain active, so the periods of rain and little sun will not have been good for them. However, the wet conditions will reduce the need for amphibians to hide from the sun to avoid dehydration. The wet conditions are also ideal for slugs, which are a major prey item for both Common Toad and Slow-worm, which is a definite plus.

Plants
The funny year for flowering plants has continued. Some of the later flowering species are now out. You may have spotted the pastel yellow of Toadflax flowers, a relative of the snapdragon, along road verges. Also look for the deep-red thistle like flowers of Black Knapweed and Purple Loosestrife and the two tone pink and purple of Marjoram (the wild predecessor of cultivated Oregano).



Sightings
Please report any interesting sightings of breeding birds, orchids and Water Voles to the Harbour Office 01243 512301.

SATURDAY'S TV 18.08.12

CHOICE

Sunetra Sarker stars

Casualty
BBC1, 9.10pm
The medical drama returns for its 27th series, and a new dawn is on its way in the shape of Zoe, who steps up to become the department s first-ever female clinical lead. She faces a difficult decision thanks to a local musical festival that goes wrong. Its stage goes up in flames, and as the crowd rushes to leave, an exit tunnel collapses causing numerous casualties. Tom and Sam work quickly on the injured while Tamzin Jeff and Dixie try to help those still trapped – but things get personal when one of the medics ends up in a spot of bother

BBC1

6 00 Breakfast. 10 00 Saturday Kitchen Best Bites. 11 30 Lineker's Fast, Fresh and Easy Food. (R) 12 00 BBC News Reg onal News Weather. 12 15 Football Focus. 1 00 Olympics 2012 Opening Ceremony Highlights of the show produced by Danny Boyle. (R) 2 45 Final Score. 5 10 BBC News Reg onal News Weather. 5.25 Total Wipeout.

6 25 **Film Indiana Jones and the Kingdom of the Crystal Skull** (2008) The globe-trotting archaeologist races against Sov et agents to find a mysterious artefact of untold power. Action adventure nagcal starring Harrison Ford and Cate Blanchett.

8 20 **The National Lottery: Secret Fortune.** High-tension gnz show presented by Nick Knowles in which contestants have the opportunity to win £100 000

9.10 **Casualty.** New series. Zoe s first day as the ED s clinical lead gets off to a hectic start as the team has to deal with casualties injured in a disastrous musical festival.

10 00 **BBC News**; Weather

10 20 **Match of the Day.** Gary Lineker presents highlights of today's Premier League matches as the opening day of the campaign. Tonight Arsenal v Sunderland and Newcastle United v Tottenham Hotspur

11 00 **The Football League Show.** Highlights and all the goals from today's fixtures in the Champ nship, League One and League Two, as the opening weekend of the season. Neil Lenaghan's Update

1 00 Weatherview 1 00 BBC News.

BBC2

6.00 Cbeebies. 7.00 CBBC. 12.05 The Sky at Night. (R) 12.25 Animal Park. (R) 1.25 Bargain Hunt. Fam ous Finds. (R) 1.55 **Film: Alvarez Kelly** (1966) 3.45 Film: When Time Ran Out. (1980) 5.30 Escape to the Country.

6.30 **Flog It!** Charlie Peps and Mark Stacey section Fion antiques in Monmouth, while Paul Martin learns about the work of Laura Ashley and meets an artist in the Forest of Dean. (R)

7.30 **Dad's Army.** Sergeant Wilson is appointed manager of the Eastgate branch of the bank. Comedy starring John Le Mesurier. (R)

8 00 **BBC Proms 2012** Martin Alsop conducts the Sao Paulo Symphony Orchestra in a concert of music from North and South America by Dvorak, Copland, Joan Tower Villa-Lobos and Gnattera

10 00 CI Games Robert Webb Rich Hughes Ronal Ancona and regular panellist Alan Davies join host Stephen Fry who asks questions on the topics hypnosis philanthropy and hysteria (R)

11 30 **TOTP2** Mark Radcliffe shreds nos archive performances by DJ Thomas Billy Ocean, Prefab Sprout, Five Star and Ralph McTell. (R)

11 30 **Film Shitty** (2008) Premiere. A cocaine dealer finds he's in transformed by the return of a friend and confronts the bleak future he finds himself facing. Drama with Riz Ahmed and Daniel Mays

12 55 **Film Freestyle** (2010) 2 25 Close

ITV1

6.00 CITV: Mini CITV. 7.20 CITV. 9.25 Saturday Cookalicious. 9.25 ITV News. 9.30 The Jeremy Kyle Show. USA. 10.25 The Jeremy Kyle Show. USA. 11.20 The Real Housewives of New York City. 12.15 ITV News; Weather. 12.25 Mad for the Whole. (R) 1.25 Film: Cool Runnings (1993) 3.20 Film: Odd Jobsy (1983) 5.40 Regional Programme Weather

6.00 **ITV News**; Weather.

6.15 **Who've Been Framed: Rides Again!** Harry Hill narrates a compilation show featuring some of the funniest clips from the programme, including a spectacular case of stage fright and a dog with an identity crisis.

7 15 **Red or Black?** New series. Ant and Dec present the game show in which eight contestants compete to win a huge cash prize by opening the unicorns of a series of stunts and challenges. Confirmons at 9 15pm

9 00 **The X Factor** New series. Dermot O Leary hosts the audi tion s. Lunchtime and Newcastle, where hopefuls try to impress Gary Barlow Tulisa, Lone Walsh and this year's new judge Nicoln Schnrzenger

9 15 **Red or Black?** Including a spelling contest between Carol Vorderman and Jonathan Ross

10 00 **The Jonathan Ross Show**

11 10 **ITV News**; Weather

11.25 **Film The Break-Up** (2006) Comedy drama starring Jennifer Aniston and Vince Vaughn

1 20 The Stars: ITV News Headlines. 3.00 In the Night. (R) 3.45 ITV Nightscreen. 5 20 ITV Morning News.

CHANNEL 4

5.05 Channel 4 Presents: London 2012— Ellie Simmonds Part III. The swimmer completes her preparations for the Paralympics. (R) 6 10 British GT. 6.35 The Grid. 7.00 Ben Rushton: Documentary about the British Paralympic sprinter. 7.55 The Morning Line. 8.55 T4: Ibiza Rocks. Pt 3. (R) 9.10 T4: Cheryl. T4 Special. (R) 9.40 T4: New Girl. 10.15 T4: Revenge. 11.15 T4: Suburgatory. 11.50 T4: Summer Dude. 12.20 T4: The Big Bang Theory. (R) 12.55 T4: The Big Bang Theory. (R) 1.20 T4: The Simpsons. (R) 1.55 Channel 4 Racing. 3.55 V Festival 2012: Live. 4 20 Come Dine with Me. (R) 4 55 Comn D nn with Me. (R) 5 25 Comn Dne with Me. (R) 5 56 Come Dine with Me. (R)

9 25 **Channel 4 News**

5 00 **4thought by** A woman who says she has seen ldn ghosts of her pets

7 00 **Film Mission: Impossible 2** (2000) A recruiting battles a former spy-turned mercenary with a mission to steal a deadly man made virus. John Woo's action thriller sequel, starring Tom Cruise

9.15 **Micky Flanagan's Out Out Tour** A performance by the cockney comedian.

10 15 **Frankie Boyle: I Could Reach Out Through Your TV and Strangle You I Would** A 2012 performance by the controversial comedian

11 20 **The IT Crowd** Jen gains ce a date. (R)

11 50 **Music on 4: V Festival 2012: Saturday Highlights**

1.20 Vic Reeves' Big Night Out. (R) 1 55 Comedy Lab. (R) 2 20 Cheltenham 123. (R) 2 45 **Film: Machan** (2008) 4 30 Comedy Lab. (R) 5 15 Deal or No Deal. (R)

CHANNEL 5

6.00 Milkshake! 10.00 Power Rangers Samurai. 10.35 Batman The Brave and the Bold. 11 10 Looney Tunes. 11.15 Looney Tunes. (R) 11.25 Monkey Life. (R) 11.55 Celebrity Big Brother. (R) 12.55 **Film: King Solomon's Mines.** (1950) 3.10 **Film: Little Women** (1994) 5.15 **Film: Jesse James' Women.** (1954)

7.00 **Cricket on 5.** England v South Africa. Highlights of the third day of the series-concluding Third Test, held at Lord's

8.00 **5 News Weekend**

9 05 **NCIS** A suspected drug-smuggling marine seemingly killed by his own dog, which is immediately scheduled to be destroyed – but Abby refuses to hand it over and launches her own investigation. (Ce)

9 10 **Celebrity Big Brother.** Highlights of the famous reality show in which a house full of housemates past 24 hours under the all-see ng eye of Big Brother and they try to get rid of the ir living alongside one another

10 10 **CSI: Miami** Horatio investigates the killing of a Mexican sheriff's husband and he search for nines forces him to confront his wife Marcella murderer Mckenna Fern

11 00 **CSI: Crime Scene Investigation** A waiter is murdered at the home of an agency owner while Sara and Greg discover $1 million in old banknotes hidden under a closet. (R)

12 00 SuperCarsin' 4.00 Hrsnflosters. (R) 4.25 Divine Designs. (R) 4 50 Rough Guide to Activity Holidays. (R) 5 00 Hana's Helpline. (R) 5 10 The Milkshake Show. (R) 5 35 Homes & Friends. (R) 5.45 Rnary thn Racing Car. (R)

DIGITAL

BBC Three
7 00 Pop's Greatest Dance Crazes 7 15 The Premier League's Most Amazing Moments 8 15 Film: Lasdn Vampire Krimrs (2009) 10 35 Russell Howard's Good News 11 00 Family Guy 11.50 American Dad!

BBC Four
7 00 Africa s Magnificent Rivers 8 00 The First World War from Above 9 00 Wallander: The Fifth Woman 11 00 Timeshift: Of Ice and Men

ITV2
4 10 The Xtra Factor: Lotus Best and Worst 5 10 Thn Xtra Factor: Carrie-nn and Dilly's Best and Worst 6 10 Thn Xtra Factor: Rewind 7 10 Film: Twins (1988) 9 15 Totally Bonkers Ginnmen World Records 9 30 Thn Xtm Factor 10 20 **Film: Passenger 57** (1992)

ITV3
4 40 Agatha Christie's Poirot 7 00 Agatha Christn's Marple 8 00 Agatha Christn's Poirot 11 00 A Tannh of Frost

ITV4
3.55 The Professionals 5 50 Film: The Far Country (1954) 7 00 Mndnr: Arthnr and Ray lose the high lln 8 00 Cycling 9 00 Film: Rocky III (1982) 11 00 Film: Thn Fog (1980)

E4
3 20 Desperate Housewives 4 20 Revenge 5 55 How I Met Your Mother 6 15 Thn Big Bang Theory 7 45 Film: Engagement 9 45 Scbrinatory 0 15 Film: Die Hard 2 (1990) 11 40 The Big Bang Theory

Film4
3.10 The Rocker (2008) 5 10 That Thing Yn Do! (1996) 7 20 Zoolander (2001) 9 00 Thn Lovely Bones (2009) Peter Jackson's fantasy drama, with Saoirse Ronan 11 35 Hansel and Gretel (2007)

SUNDAY'S TV 19.08.12

CHOICE

Rupert Penry Jones

The Last Weekend
ITV1, 9pm
Shaun Evans and Rupert Penry Jones have been spending a lot of time together recently having both cropped up in Silks and Whitechapel and now in this new drama series, based on the novel by Blake Morrison. However hopefully that s where the resemblance to their characters ends... The Last Weekend follows Ian Goode (Evans) and Ollie Moreton (Penry Jones), who, along with their respective wives plan to spend the August bank holiday weekend together in a remshackle country cottage. But what should be a relaxing few days takes a darker turn...

BBC1

6 00 Breakfast. 7 40 Match of the Day. (R) 8 00 BBC News. 10 00 Sunday Morning Live. 11 00 Country Tracks. (R) Weather for the Week Ahead. 12 10 BBC News. 12.10 Rowan Atkinson Live: Hammer (R) 1 10 Bargain Hunt. (R) 2 10 Cash in the Attic. (R) 2 40 Escape to the Country. (R) 3.40 Ocean Giants. (R) 4 40 Songs of Praise. 5 15 The Indian Doctor. (R)

6 00 **The One Show**. Best of Britain. (R)

6.30 **BBC News**. Regional News, Weather

7 00 **Britain's Hidden Heritage**. New series. Richard E Grant visits Pinewood Studios and sheds new light on British cinema, while Paul Martin takes in Queen Victoria's home, Osborne House on the Isle of Wight.

8.00 **Countryfile**. On a visit to Grasdale Forest in the Lake District, Julia Bradbury discovers why the area is a haven for mountain bikers and John Craven witnesses the sad fa r ell kite project. Inninding Weather for the Week Ahead

9.00 **Silent Witness**. Part one of two. Nikki stumbles upon a sinister world of sex grooming and teenage prostitution.

10.00 **BBC News**. Regional News, Weather

10.25 **Match of the Day 2**. Inciding Manchester City v Southampton

11.25 **In with the Flynns**. (R)

11 05 **Film: Deceived** (1991) Psychological thriller starring Goldin Hawn.

1.40 Weatherview. 1.45 Sign Zone: Olympics 2012 Opening Ceremony. Highlights of the show produced by Danny Boyle. (R) 4 30 BBC News.

BBC2

6 00 CBeebies. 7 00 CBBC. 10.00 Salmsbky Kitchen Best Bites. 11 30 The Great British Bake Off. (R)

12 30 **Film: Carry Her Name with Pride** (1958) Fact-based Second World War drama, starring Virginia McKenna. 2.25 Film: The Way to the Stars. (1945) A newly young pilot is ass gned to a British bomber base during the opening skirmishes of the Battle of Britain. Second World War drama, starring John Mills and Michael Redgrave. 4.15 Flog It! (R) 4.45 Antiques Road Trip. (R) 5 30 Oceans. (R)

6 30 **Motor GP**. The Indianapolis Grand Prix. (Start time 7 00pm). Matt Roberts presents live coverage of the 11th round of the season at the Indianapolis Motor Speedway.

9 00 **Exploding China: A Culinary Adventure**. Ken Hom and Ching-He Huang explore the country's western frontier. An area where travellers rarely venture and learn about the cultures and cuisines of China's ethnic minority tribes.

9 00 **Toughest Place to Be a Miner**. New series. Craig Nelson, who works in mine rescue in Staffordshire travels to Mongolia to learn about the risks that gold miners take every day in an attempt to make a living.

10.00 **Page Eight**. David Hare's spy drama stars Bill Nighy as MI5 officer's attempts to investigate a threat to the stability of Britain's security services. Starring Bill Nighy, Rachel Weisz and Ralph Fiennes. (R)

11 40 **Motor GP**. The Indianapolis Grand Prix. Another chance to see the 11th round of the season at the Indianapolis Motor Speedway. (R)

1 10 BBC News. 3.45 Close.

ITV1

6.00 CITV: Mini CITV. 7.20 CITV. 9.25 Dinner Date. (R) 9 25 ITV News. 9 30 Heese Gnt. (R) 10 25 There's No Taste Like Home. (R) 11 00 The Hungry Sailors. (R) 12 30 ITV News; Weather. 12.45 You've Been Framed! (R) 1.15 The X Factor. (R) 2 30 Film: Colmnde Grand Deceptions. (1970) 4.25 Doc Martin. (R) 5.30 The Talent Show Story. (R)

5 30 **Regional Programme**. Weather

6.45 **ITV News**; Weather

7 00 **The Chase: Celebrity Special**. New series. Bradley Walsh presents as former Mr Edwina Cnnn Conntdown's Rachel Riley Eggzane n Keith Duffy and Emmerdale star Mark Charnock all take sides against the Chaser.

8.00 **The Cube**. Olympic gold medalists Denton Lewis and Sally Gnnnnil nach nampete in up to seven challenges hoping to win cash for charity. (R)

9.00 **The Last Weekend**. New series. Two couples take a short holiday together but the men's competitive streak leads to terrible consequences. Suspense thriller with Rupert Penry-Jones and Shaun Evans

10.05 **ITV News**; Weather

10.25 **Film: Relentless** (1995) Jammn hood goes in pursuit of a satellite weapon that has fallen into the hands of a mysterious man-rul mastermind. Spy adventure with Pierce Brosnan

12.40 The Stars: ITV News Headlines. 2 40 Golden Balls. (R) 3 30 Make/smash. UK. 4.20 ITV Nightscreen. 5 00 ITV Morning News.

CHANNEL 4

6.10 The Treacle People. (R) 6.20 The Hrobs. (R) 6 45 Ironman 2012. 7 10 Channel 4 Presents: Land on 2012... David Smith Part III. (R) 7 55 Road to London 2012: Paralympian Extra. A preview of the wheelchair basketball and rugby events. 7.40 Sml ng Special: The Endless Winter. 8 10 Will & Grace. (R) 9 35 Will & Grace. (R) 5 00 Fraser. (R) 9 36 Fraser. (R) 10 00 Smiley Brunch. 11 00 Jam & Dub: the French Pyrenees. 11 50 The Big Bang Theory. (R) 2.20 The Big Bang Theory. (R) 2 50 The Simpsons. (R) 3.20 The Simpsons. (R) 3 50 V Festival 2012: Live. 4 50 Deal or No Deal. 5 50 Escape from Colditz. (R)

7.25 **Channel 4 News**.

7.55 **4thought In** Aprilest's views on animals and the afterlife

8.00 **Come Dine with Me**. Four dinner party hosts compete in north Cornwall

9.00 **Lee Evans: Rarehouse**. A performance recorded at London's O2 during the madcap nonsense and 2011 tour which saw him play at some of the biggest arenas in the UK and Ireland.

10.10 **Inbetweeners**. New series. Disaffected performers play pranks on the public.

10.45 **The Fucshon Room** Comedy starring Kevin Eldon.

11 15 **Harry Hill**. An episode of the oddball sketch show. (R)

11.45 **Movin on 4: V Festival 2012: Sunday Highlights**. Sets by Nick Mnay, Tnin Tempah Tom Jones Snow Patrol and the Killers.

1.15 The Law of the Playground. (R) 1.45 The 11 O Clock Show. (R) 2.25 Hollyoaks. (R) 4 30 Conntdown. (R) 5 15 Deal or No Deal. (R)

CHANNEL 5

6 00 Milkshake. Peppa Pig. 6 00 Rnary thn Racing Car. (R) 6 15 Fifi and thn Flowertots. (R) 6 25 City of Friends. (R) 6 40 Harry and his Bucket Full of Dnosaurs. (R) 6 50 Castle Farm. (R) 6.55 Rnary thn Flying Fairy School. (R) 7.05 Rupert and Custard Too. (R) 7.15 Sam and Holly's Little Kingdom. (R) 7 25 Play. (R) 7 30 Noddy in Toyland. (R) 7.45 Bert and Ernie's Great Adventures. (R) 7.55 Little Princess. (R) 8 05 The Adventures of Nettle Top Fill and His Best Friend Conky. (R) 8 20 Angelina Ballerina. (R) 8 40 Rupert Bear. (R) 8.55 Bananas in Pyjamas. (R) 9 10 Thn Mr Men Show. (R) 9 25 Rnary the Racing Car. (R) 9 40 Jelly Jamm. (R) 10 00 Power Rangers Samurai. 10.35 Batman The Brave and the Bold. 11 05 Looney Tunes. (R) 11 10 Celebrity Big Brother. (R) 12.10 World's Scariest Plane Landings. (R) 12.55 **Film: The Guanoes** (1985) 3 00 **Film: The Kermin Kid Part III** (1986) 5 15 **Film: Radio Heart** (1973) Disney animators with the voices of Tony Thomas and Peter Ustinov

7 00 **Cricket on 5**. England v South Africa

7.50 **5 News Weekend**

8 40 **Once Upon a Time**. Regina struggles to maintain her romance over Storybrooke.

9.00 **Celebrity Big Brother**. The ups and downs of British

10 00 **What Ugly: World's Ugliest Dog**. An investigation in California to find thn world's most hideous hound

10.55 **Film: Bring It On** (2000) Cheerleading comedy starring Kirsten Dnnst.

12.50 SuperCasino. 3.55 Sins of Anarchy. 4.45 Rough Guide to Short Breaks. (R) 5 00 House to Help! nn. (R) 5 10 The Milkshake! Show. (R) 5.35 Thomas & Friends. (R) 5.45 Rnary thn Racing Car. (R)

DIGITAL

BBC Three
7 00 Great Movie Mistakes 2012 Not n 3D? 8 15 Film: Raiders of the Lost Ark (1981) Action adventure starring Harrison Ford. 9 00 The Batman Shutdnge 10 00 Family Guy 10 45 Bad Education 11 15 American Dad!

BBC Four
7 00 Himalaya with Michael Palin 8 00 Timewatch: The Last Day of World War One 9 00 Film: Wilde (1997) 10 50 Omn ibus: Gore Vidal's Gore Vidal 11.40 Wild Harmsea: Explorer

ITV2
3.00 Film: A Cinderella Story (2004) 5 10 Film: Grnfield: A Tale of Two Kitties (2006) 6 45 Thn X Factor 8 00 Thn Xtra Factor 9 00 Rendnrm 10 00 Thn Only Way Is Essex 10 45 Lmmn La Vida Loca 11.35 Film: Something's Gotta Give (2003)

ITV3
3 55 Film: Forever Young (1992) 6 00 Agatha Christie's Poirot 9 00 The Story of the Crashme Drama 9 00 Film: Thn Portrait of a Lady (1996) 11 55 Cricket

ITV4
2.05 Film: MacArthur (1977) 4.45 Film: Shalako (1968) 7 00 Cycling 8 00 Murder 8 00 Film: Jaws: The Revenge (1987) 1h 50 Film: Wild at Heart (1990)

E4
3 15 Charlie's Angels 4 10 New Girl 4.45 Scbrinatory 5 05 Revenge 6 05 Thn Big Bang Thnary 8 00 Film: Cheaper By the Dozen 2 (2005) 10 00 Knch Tnbs: Rnde Zne 11 00 2 Broke Girls 11 30 New Girl

Film4
2 55 Addams Family Values (1993) 4 40 The Thirty-N nn Steps (1978) 6 40 Sahara (2005) 8.00 Among Camen Spider (2001) 11 25 Sonnny Row (2009)

Monday

BBC1 5.40 Breakfast 9.15 Hey Humans (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Saints and Scroungers (R) 11.30 Animal 24.7 (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.05 CBBC 5.15 Pointless 6.00 News 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Fake Britain (R) BBC News, Regional News 8.00 EastEnders 8.30 Kony: Hunt for the World's Most Wanted – Panorama 9.00 Silent Witness 10.00 BBC News 10.25 News Weather 10.35 A Question of Sport: Unmut 11.05 Room 101 – Extra Storage (R) 11.45 Film Extreme Measures (1996) 1.40 Weatherview 1.45 Sign Zone Programming Giants Jumbo Jet Strip-Down (R) 2.45 Holby City (R) 3.45 Britain's Heritage Heroes. (R) 4.15 News.

BBC2 5.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News. 12.00 Coast (R) 12.50 Film The Falcon's Adventure (1946) 1.10 Film Journey into Fear (1943) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads 6.30 Celebrity MasterChef 7.00 Escape to the Country (R) 8.00 The Great British Sewing Bee Weather 8.30 Regional News Programmes Weather 9.00 The One Show 9.30 Lorraine's Fast, Fresh and Easy Food. 9.45 The Reels. In Their Own Words: James Mayo: Things You Need to Know 10.30 Newsnight Weather 11.20 Toughest Place to be a Miner (R) 12.20 BBC News. 4.20 The Super League Show 5.00 Close

ITV1 5.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News Weather 1.55 Regional News. Weather 2.00 Murder She Wrote (R) 3.00 Secret Dealers 3.55 Regional Weather 4.00 Midsomer Murders (R) 5.00 Don't Blow the Inheritance 6.00 Reg onal News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street. 8.00 Countryfile. 8.30 Coronation Street. 9.00 Path Ramelle's Thirteen Steps Down 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Real Crime with Mitik Austin (R) 11.35 In Plain Sight. (R) 12.25 Jackpot247 ITV News Headlines 2.05 The Jeremy Kyle Show (R) 3.25 ITV Nightscreen 4.35 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4 5.10 Sali Mali (R) 5.15 The Hoobs (R) 5.40 The Hoobs (R) 7.05 Freshly Squeezed 7.30 Ascending la Jen 8.25 Ves & Grace (R) 8.25 Everybody Loves Raymond (R) 8.55 Frasier (R) 8.55 Come Dine with Me (R) 12.30 News Midday Summary. 12.35 Three in a Bed (R) 1.30 River Cottage Xtras. (R) 1.45 London 2012 – Hannah Cockroft Part II (R) 1.50 Film Hope Floats. (1998) 4.00 Deal or No Deal. 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.25 4thought.tv. 7.30 Jon Snow's Paralympic Show The journalist previews the 2012 Games. 8.00 Embarrassing Bodies 9.00 The Queens Mother in Law 10.00 C4 Comedy Presents Them That Thing 10.35 I'm Spazticus 11.05 Sex Rehab. 12.10 Best of British Leagues Ahead 1.10 Surfing Special The Endless Winter (R) 1.30 KDTV Boxing Weekly 2.00 Sailing: America's Cup Uncovered 2.20 International Volleyball. 3.25 St Gerard (R) 3.40 British GT (R) 4.15 Ironman 2012. (R) 4.45 Race to London 2012 Thai Paralympic Show (R) 5.10 Deal or No Deal (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Reza Spice Prince of India 11.40 Andy Bates Street Feasts 12.10 5 News Lunchtime 12.15 Celebrity Big Brother (R) 1.15 Pawn Stars (R) 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation (R) 3.10 Chinese Food in Minutes (R) 3.15 Film Kidnapped The Elizabeth Smart Story. (2003) 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Monkey Life 6.30 5 News at 6.30 7.00 Ice Road Truckers: Deadliest Roads. (R) 5 News Update. 8.00 The Gay Slayer: Rein to Kill? 9 News at 9 8.30 Person of Interest. 10.00 Celebrity Big Brother 11.00 Celebrity Big Brother's Bit on the Side 12.00 The Hotel Inspector (R) 12.55 SuperCasino 3.55 Great Artists. (R) 4.20 House Doctor (R) 4.45 Michaela's Wild Challenge (R) 5.40 Wildlife SOS (R)

Tuesday

BBC1 5.00 Breakfast 9.15 Hey Humans (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Saints and Scroungers. (R) 11.30 Animal 24.7 (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News; Weather Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 EastEnders BBC News Regional News 8.00 Holby City 9.00 Accused 10.00 BBC News 10.25 Regional News Weather National Lotteries. 10.35 Traffic Cops (R) 11.35 Film Lord of War (2005) 1.30 Weatherview 1.35 Sign Zone The Best of Man (R) 3.05 Britain's Heritage Heroes. (R) 3.35 Real Rescues (R) 4.20 BBC News.

BBC2 5.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News. 12.00 Coast (R) 12.50 Film The Falcon's Adventure (1946) 1.10 Film Journey into Fear (1943) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads 6.30 Celebrity MasterChef 7.00 Escape to the Country (R) 8.00 The Great British Sewing Bee Weather 8.30 Regional News Programmes Weather 9.00 The One Show 9.30 Lorraine's Fast, Fresh and Easy Food. 9.45 The Reels. In Their Own Words: James Mayo: Things You Need to Know 10.30 Newsnight Weather 11.20 Toughest Place to be a Miner (R) 12.20 BBC News. 4.20 The Super League Show 5.00 Close

ITV1 5.00 Daybreak 8.30 Lorraine. 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30 Let's Do Lunch with Gino & Mel. 1.45 ITV News Weather 1.55 Regional News Weather 2.00 Murder She Wrote (R) 3.00 Secret Dealers. 3.55 Regional Weather 4.00 Midsomer Murders (R) 5.00 Don't Blow the Inheritance. 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Live UEFA Champions League 10.00 ITV News at Ten; Weather 10.30 Regional News Weather 10.35 Come Goes to Kenya (R) 11.35 UEFA Champions League Extra Time 12.35 Jackpot247 ITV News Headlines. 3.05 Loose Balls (R) 3.50 ITV Nightscreen 5.30 ITV Morning News

Channel 4 5.05 Sali Mali (R) 5.10 The Hoobs. (R) 5.35 The Hoobs. (R) 7.00 Freshly Squeezed 7.30 Ascending la Jen. (R) 7.55 Ves & Grace (R) 8.25 Everybody Loves Raymond (R) 8.55 Frasier (R) 8.55 Come Dine with Me (R) 10.55 Come Dine with Me (R) 11.30 Come Dine with Me (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News Midday Summary. 12.35 Three in a Bed (R) 1.30 Five Critique Sites (R) 1.40 Channel 4 Presents London 2012 – David Clarke Pan III (R) 1.45 Film The Bent and the Beautiful (1992) Drama with Kirk Douglas, Lana Turner 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News. 7.25 4thought.tv. 7.30 Jon Snow's Paralympic Show The journalist previews the 2012 Games. 8.00 Embarrassing Bodies 9.00 The Queens Mother in Law 10.00 C4 Comedy Presents Them That Thing 10.35 I'm Spazticus 11.05 Sex Rehab. This is Rehab. 12.10 Best of British Leagues Ahead 1.10 Surfing Special The Endless Winter (R) 1.30 KDTV Boxing Weekly 2.00 Sailing: America's Cup Uncovered 2.20 International Volleyball. 3.25 St Gerard (R) 3.40 British GT (R) 4.15 Ironman 2012. (R) 4.45 Race to London 2012 Thai Paralympic Show (R) 5.10 Deal or No Deal (R)

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Wednesday

BBC1 5.00 Breakfast 9.15 Hey Humans (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Saints and Scroungers. (R) 11.30 Animal 24.7 (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country. (R) 3.00 BBC News; Weather Regional News 3.05 CBBC 5.15 Pointless. 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 Helicopter Heroes BBC News Regional News 8.00 The Reverend Gang 9.00 Who Do You Think You Are? 10.00 BBC News 10.25 Regional News Weather 10.35 The National Lottery Wednesday Night Draws 10.45 Have I Got Old News for You (R) 11.15 Film Wedding Daze. (2006) Narrative, Lottery Update 12.40 Weatherview 12.45 Sign Zone The Tube. (R) 1.45 Britain's Heritage Heroes. (R) 2.15 Real Rescues. (R) 3.45 BBC News

BBC2 5.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News. 12.00 Coast (R) 12.50 Film The Falcon's Adventure (1946) 1.10 Film Journey into Fear (1943) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads 6.30 Celebrity MasterChef 7.00 Escape to the Country (R) 8.00 Restoration Home 9.00 Vexed 10.00 The Culture Show at the Edinburgh Festival 10.30 Newsnight Weather 11.20 The Mirrlees. (R) 12.20 BBC News.

ITV1 6.00 Daybreak 8.30 Lorraine. 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News Weather 1.45 Regional News Weather 1.55 Regional News Weather 2.00 Murder She Wrote (R) 3.00 Secret Dealers. 3.55 Regional Weather 4.00 Midsomer Murders (R) 5.00 Don't Blow the Inheritance 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street. 8.00 Midsomer Murders. (R) 10.00 ITV News at Ten. Weather 10.30 Regional News Weather. Film: Syriana (2005) 12.55 Jackpot247 ITV News Headlines 1.05 Film A Clockwork Orange (1971) 5.10 ITV Nightscreen 5.30 ITV Morning News.

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BBC2 5.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News. 12.00 Coast (R) 12.50 Hands on Nature (R) 12.55 Film The Purple Plain (1954) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain. (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Eggheads 6.30 Celebrity MasterChef 7.00 Escape to the Country (R) 8.00 Restoration Home 9.00 Vexed 10.00 The Culture Show at the Edinburgh Festival 10.30 Newsnight Weather 11.20 The Mirrlees. (R) 12.20 BBC News.

ITV1 6.00 Daybreak 8.30 Lorraine. 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News Weather 1.45 Regional News Weather 2.00 Murder She Wrote (R) 3.00 Secret Dealers. 3.55 Regional Weather 4.00 Midsomer Murders (R) 5.00 Don't Blow the Inheritance. 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street. 8.00 Midsomer Murders. (R) 10.00 ITV News at Ten. Weather 10.30 Regional News Weather. 10.40 Celebrity Juice. 11.55 Film Syriana (2005) Narrative, Lottery Update 2.55 Film A Clockwork Orange (1971) 5.10 ITV Nightscreen 5.30 ITV Morning News.

Channel 4 5.05 Sali Mali (R) 5.10 The Hoobs. (R) 5.35 The Hoobs. (R) 7.00 Freshly Squeezed 7.30 Ascending la Jen. (R) 7.55 Ves & Grace (R) 8.25 Everybody Loves Raymond (R) 8.55 Frasier (R) 8.55 Come Dine with Me (R) 10.25 Come Dine with Me (R) 11.00 Come Dine with Me (R) 11.30 Come Dine with Me (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News Midday Summary. 12.35 Three in a Bed (R) 1.30 Channel 4 Presents. London 2012 – Danielle Brown Part III (R) 1.40 Channel 4 Racing. 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.25 4thought.tv. 7.30 Jon Snow's Paralympic Show The journalist previews the 2012 Games. 8.00 SuperSchmoes. 9.00 24 Hours in A&E (R) 10.00 C4 Comedy Presents Them from That Thing. 10.30 Foreigner – Waiting the Cat. 10.35 I'm Spazticus. 11.05 Sex Rehab. 12.15 Raw Sex. (R) 12.40 Music on 4 Summer Daze (R) 1.10 Music on 4 Memory Press Sessions: The Vaccines. 1.25 Music on 4 V Revved 2012 The Specials. 2.20 Music on 4 Spotlight: Urban. (R) 2.35 Film Mean Creek. (2004) 4.00 Si Elsewhere (R) 4.50 Deal or No Deal. (R) 5.45 Sailing Me! with Eric Lanlard (R)

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Reza Spice Prince of India 11.40 Andy Bates Street Feasts 12.10 5 News Lunchtime. 12.15 Celebrity Big Brother (R) 1.15 Pawn Stars (R) 1.45 Neighbours. 2.15 CSI: Crime Scene Investigation (R) 3.10 Chinese Food in Minutes (R) 3.15 Film Kidnapped The Elizabeth Smart Story. (2003) 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Monkey Life. 6.30 5 News at 6.30 7.00 Ice Road Truckers: Deadliest Roads. (R) 5 News Update. 8.00 The Gay Slayer: Rein to Kill? 9 News at 9 8.30 Person of Interest. 10.00 Celebrity Big Brother 11.00 Celebrity Big Brother's Bit on the Side 12.00 Banged Up Abroad (R) 12.55 SuperCasino 3.55 Great Artists. (R) 4.20 House Doctor (R) 4.45 Michaela's Wild Challenge (R) 5.40 Wildlife SOS (R)

Friday

BBC1 5.00 Breakfast 9.15 Hey Humans. (R) 10.00 Homes Under the Hammer (R) BBC News Weather 11.00 Saints and Scroungers. 11.30 Animal 24.7 (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.45 Regional News Weather 1.45 Doctors. 2.15 Escape to the Country. (R) 3.00 BBC News; Weather Regional News 3.05 CBBC 5.15 Pointless 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show 7.30 A Question of Sport: Extra Time (R) BBC News Regional News 8.00 Eastenders 8.30 Miranda. (R) 9.00 In with the Flynns 9.30 My Secret Bikini Body (R) 10.00 BBC News 10.25 Regional News Weather 10.35 Would I Lie to You? (R) 11.05 Come Fly with Me (R) 11.39 The National Lottery Friday Night Draws 11.55 EastEnders 1.00 Weatherview 1.05 Flight Zone The Hairy Bikers' Salvation (R) 2.45 Real Rescues. (R) 3.30 BBC News

BBC2 5.00 CBeebies 7.00 CBBC 8.30 CBeebies 11.30 BBC World News. 12.00 Coast (R) 12.50 Hands on Nature (R) 12.55 Film Dangerous Moonlight. (1941) Second World War romantic drama starring Anton Walbrook 2.15 Weakest Link (R) 3.00 Real Rescues. (R) 3.45 The Hairy Bikers' Food Tour of Britain (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is (R) 6.00 Eggheads 6.30 Celebrity MasterChef 7.00 Escape to the Country (R) 8.00 Harry Dirkin's How to Lose Food and Lose Weight 9.00 Springwatch Guide to Seabirds. 10.00 The Boss is Back (R) 10.30 Newsnight Weather 11.20 The Hairy Bikers' Show (R) 11.50 Ewan McGregor: Cold Chain Mission. (R) 12.40 The Culture Show at the Edinburgh Festival (R) 1.20 BBC News

ITV1 5.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.30 This Morning 12.30 Let's Do Lunch with Gino & Mel. 1.30 ITV News Weather 1.45 Regional News; Weather 2.00 Murder She Wrote (R) 3.00 Secret Dealers 3.55 Regional Weather 4.00 Midsomer Murders (R) 5.00 Don't Blow the Inheritance. 6.00 Regional News Weather 6.30 ITV News Weather 7.00 Emmerdale 7.30 Don't Hate Us: Tonight 8.00 Emmerdale 8.30 Coronation Street. 9.00 Jennifer Saunders Bang Slap Kiss (R) 10.00 ITV News at Ten Weather 10.30 Regional News. Weather 10.35 The Jonathan Ross Show (R) 11.40 Timeshift Secret Agent Girls (R) 12.40 Jackpot247 ITV News Headlines 3.00 Dog Pals Us. Tonight (R) 3.30 ITV Nightscreen 4.35 The Jeremy Kyle Show (R) 5.30 ITV Morning News.

Channel 4 5.10 The Hoobs (R) 7.00 Freshly Squeezed 7.30 Ascending la Jen. (R) 7.55 Ves & Grace (R) 8.25 Everybody Loves Raymond (R) 8.55 Frasier (R) 8.55 Come Dine with Me (R) 12.00 Come Dine with Me (R) 12.30 Channel 4 News Midday Summary. 12.35 Three in a Bed (R) 1.30 Channel 4 Presents. London 2012 – Stephen Miller – Part 1 (R) 1.40 Channel 4 Racing. Live racing from Newbury. 4.00 Deal or No Deal 5.00 Come Dine with Me (R) 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News. 7.25 4thought.tv. 7.30 Jon Snow's Paralympic Show The journalist previews the 2012 Games. 8.00 Come Dine with Me. 9.00 8 Out of 10 Cats Does Countdown. 10.00 Ians Elliots How Clubbing Changed the World. 12.00 House Party. Late barbour dance music event, related by Charlie Sloth

Channel 5 6.00 Milkshake! 9.15 The Wright Stuff 11.10 Reza Spice Prince of India 11.40 Andy Bates Street Feasts 12.10 5 News Lunchtime 12.15 Celebrity Big Brother (R) 1.15 Pawn Stars (R) 1.45 Neighbours. 2.15 NCIS (R) 3.15 Film Hard Ground. (2003) 5.00 5 News at 5 5.30 Neighbours (R) 6.00 Monkey Life. 6.30 5 News at 6.30 7.00 Cricket on 5 5 News Update. 8.30 Ice Road Truckers. Deadliest Roads. 5 News at 9. 8.00 Celebrity Big Brother Live Eviction 10.30 Celebrity Big Brother's Bit on the Side 12.00 The Hotel Inspector 12.15 SuperCasino 3.55 Metalsport Mondial 4.20 House Doctor (R) 4.45 Michaela's Wen Challenge. (R) 5.10 Nick's Quest. (R)

This week's crossword - Clues

Across

1. **Replete (4)**
3. **Hose (8)**
9. **Last longer than (7)**
10. **New and strange (5)**
11. **Defeat (12)**
13. **Set as a task (6)**
15. **Most certain (6)**
17. **Disgraceful (12)**
20. **Smallest (6)**
21. **Fragrant (7)**
22. **Cajoles (5)**
23. **Cast off (4)**

Down

1. **Strongly illuminated (8)**
2. **Type of water-lily (6)**
4. **Frugality (6)**
5. **Building (12)**
6. **Upside down (7)**
7. **Dupe (4)**
8. **Shown (12)**
12. **Bearing accent (8)**
14. **Confidential (7)**
16. **Resist (6)**
18. **Polling-place (5)**
19. **Knack (4)**

Last week's solution

6 STRETCH 7 SNACK 9 UTTER 10 MATURES 12 STOCKHOLDER 14 MADE TO ORDER 19 CALLOUS 19 ASKEW 21 JOUST 22 FORGIVE
DOWN 1 STATE 2 DESERT 3 ICY 4 ANNUAL 5 SCHEMER 8 GATHERS 11 OCTOPUS 13 MATADOR 15 ENLIST 16 ENSIGN, 17 LEAVE 20 ROD

Food & Drink

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Arundel and Chichester in the final

IN THE FIRST of three articles we take a closer look at some of the finalists in this year's Sussex Food & Drink Awards. So what were the judges looking for when faced with the difficult task of shortlisting finalists from the very many nominations received?

Sussex Farmers Market of the Year sponsored by Harveys

Miles Jenner, Joint Managing Director of Harveys, said: "The starting point for us had to be the range and quality of Sussex food and drink on offer in the market but beyond that we wanted to look at the contribution made to the local community, be it economic or social. Our six finalists all provide a fantastic showcase for local produce, encourage links between rural and urban communities and provide an excellent place for friends and neighbours to meet or, in some cases, MP's to mingle and stay in touch with their constituents."

The six finalists who made it through are Arundel, Chichester, Lewes, Rye, Shoreham and Steyning farmers markets.

Best Sussex Food/Farm Shop sponsored by the Sussex Food & Drink Network

Hilary Knight of the Sussex Food & Drink Network told us: "People have been living and working in the beautiful and diverse landscape of the South Downs and Sussex for thousands of years. The land has been farmed and cultivated for hundreds of generations. Supporting local food and drink producers and suppliers is essential if we are to continue to enjoy the landscape and the beautiful scenery we have on our doorstep. Selecting only ten of the many food and farm shops nominated was almost impossible as we now have such a great choice across the county but these were my finalists including two co-operatives:

Cowdray Farm Shop, Midhurst; Bridge Farm Shop, The Hungry Guest, Ledsworth Larder, Flaw Hotel Farm Shop, Rushfields Farm Shop, Sharpfold Farm Shop, the Sussex Produce Company, Veasey and Sons Fishmongers and the Village Larder.

Sussex Drink Producer of the Year sponsored by Natural PR

For Paula Seager, Managing Director of Natural PR, the decision was threefold as she had to take into account not just the quality but also the range of drink producers in the county when considering the vineyards, breweries and the orchards of Sussex that give us such great choice.

"Sussex is especially prolific in exceptional drink producers from wine to ales, fruit juices and other non-alcoholic beverages.

It is particularly exciting to be sponsoring this award to celebrate our first class drink producers who regularly win national and international awards, beating long-established highly recognisable brand names along the way."

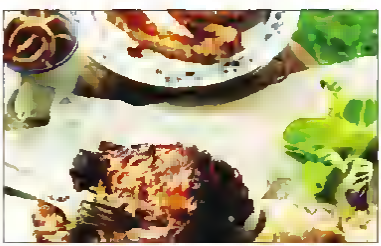
These were the ten who made it to the final.

Bolney Wine Estate, Court Garden Vineyard, Dark Star Brewery, Gun Shoots, Hepworths Brewery, Ridgeview Wine Estate, Kingden Farm Apple Juice, Stopham Vineyard, W J King Brewery and Webbleigate.

The Sussex public has responded enthusiastically voting online and by text in greater numbers than ever. Which means this year's competition is closer than usual. So get voting for your favourites, all details at www.sussexfoodawards.biz. You have until midnight on October 14 to have your say. Winners will be revealed at a stunning seven-course Sussex banquet, to be held at the Amex Stadium on 31 January 2013.

Customers race for warm weather foods ahead of sun

SAINSBURY'S is expecting to see sales of BBQ and party foods soar as forecasts of warm weather coincides with sporting celebrations. As many plan parties to mark this summer's sporting success and keep the festivities going ahead of the upcoming Paralympic Games, temperatures are anticipated to rise as high as 27°C on Friday and continue through the weekend.



The retailer is predicting to sell 200% more burgers this weekend than last, with hotdog rolls seeing a 130% increase in forecasted sales and burger buns selling 100% more. Summer foods are also anticipated to be favourites this weekend, with coleslaw expecting a 60% uplift, salad pots 50% and summer eating dishes selling twice as many as usual. Customers will raising a glass in celebration this weekend too, with cider set to sell 60% more and wine seeing a 30% increase in calculated sales.

Keeping cool will also be key for customers, with ice cream expected to sell 60% more and wafers and ice cream sauces forecasted to double their sales. With sales of suncare predicted to rise by 100% too and BBQs and coals set to fly off the shelves, many people will be making the most of the last minute summer sun and getting outside. Other forecasted sales increases include Summer eating 200%:

- Burgers 200%
- Hot Dog Rolls 130%
- Counter Burgers 100%
- Bread Rolls 65%
- Olives & Antipasti 50%
- Salad Pots 50%
- Lager 40%
- Dips 40%
- Salads 40%
- Frozen Burgers & Sausage 40%
- White/Rose 30%
- Cucumbers & Peppers 25%
- Tomatoes 20%
- Sausages 20%
- Bitter 20%

Fed up of coming home from holiday to an empty fridge?

COMING HOME from holiday is bad enough, without the added hassle of returning to an empty fridge. Today at Gatwick Airport, Tesco is revealing a new solution, by opening the UK's first interactive virtual grocery store in Gatwick's North Terminal.

The Gatwick opening builds on Tesco's launch of the world's first virtual store in South Korea last year, an innovation which generated 25 million online posts around the globe. The Korean virtual store allowed commuters to shop in subways and at bus stops by pointing their mobile phones at billboards. Tesco is now trialling the concept for the first time in the UK, but this time using interactive digital displays.

The Gatwick virtual store will allow passengers passing through the North Terminal to combine browsing, as they would in a physical store, with the convenience of an online grocery shop and home delivery.

Customers will be able to view a range of everyday products by scrolling through the unique moving screens on large virtual fridges. By scanning the barcodes with their smartphones* they can add their chosen products to their online baskets, book a home delivery slot and checkout. Their shopping will then be delivered when they return from holiday.

Tesco is the first retailer to offer passengers a service of this kind. Around 30,000 people depart from Gatwick's North Terminal each day and each has an average of 70 minutes of downtime while waiting for flights. They can now use this time to ensure they don't have to make a trip to the shops on their way home.

The virtual store will be open for business in Gatwick Airport's North Terminal departure lounge during the two busiest weeks of the year, from 6th August – 19th August. Staff will be on hand to help customers with the scanning and ordering process on their smartphones*.

Tesco's Internet Retailing Director, Ken Towle, said:

"Our business in Korea is teaching us a lot about how customers and technology are transforming shopping. It gives us a unique window into the future and the chance to try out exciting new concepts. The virtual store blends clicks and bricks, bringing together our love of browsing with the convenience of online shopping. It's a chance to showcase what we can do to the 30,000 people a day who will depart from Gatwick's North Terminal, many of whom will need to fill their fridges when they get home, and we're looking forward to hearing what they think."

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Restless Leg Syndrome

Denise Kelly

WOW, THE CLOSING CEREMONY of the Olympics was fantastic and I am very proud to be British! I absolutely loved the fact that Freddie Mercury was on the large screen as if he were there. What a total legend. The music, the vibe of British artists over the years... it was all just brilliant! It bought London together, people were having conversations on the tube, and it went without a blip of trouble, which I think we were all slightly afraid of in the back of our minds.

Being involved with sport of any kind is now more than ever sexy, cool and even glamorous! Exercise is crucial for all of us, whatever age, size, ability etc. The subject I am touching on today can have massive benefits from exercise (raising those happy hormones and movement) and effects many of the population, but often goes undiagnosed.

If your legs often feel uncomfortable, twitchy or prickly when you are resting and you have to move them around to get some relief, you may be suffering from Restless Leg Syndrome or RLS. Some people are disturbed at night time with jerking, involuntary movements which can be quite unpleasant. This is fairly common and twice as likely to occur in women as in men. The exact causes are unknown although there is some evidence to say that it is related to the levels of dopamine, which is a chemical neurotransmitter in the brain.

Your GP may refer you for blood tests to check whether there are any underlying conditions that can explain your twitchy legs, and if it is severe you could also have muscle function and sleep tests, but it's important to remember there are lots you can do for yourself.

If you are a smoker it is advisable to seek help to give up, for the simple reason of stopping the blood supply to the legs. Initial studies have shown that taking regular exercise during the day makes a significant difference to the issue, but you must avoid exercise just before bedtime for increased risk of stimulation. If you have sleeping problems, it's very important to stick to a regular sleeping pattern and avoid naps during the day. Taking a hot bath with calming oils such as chamomile and lavender can help as well as having massage. While drugs are available it is definitely worth trying lifestyle changes first.

Magnesium is fantastic at calming the body down, and nuts, whole grains, beans, pulses, sunflower, sesame seeds and dark green leafy vegetables are all fabulous sources. Vitamin B Complex is useful in any condition involving nerve transmission so make sure you are getting enough from organic meats, fish, whole grains and pulses. Remember sprouting your seeds and grains is even more potent and a real super immune booster. Juicing sprouts is also an excellent way to get this goodness quickly into your blood stream.

Find alternatives for all your stimulants such as coffee, tea and alcohol as they could all exacerbate the condition. Herbal relaxing teas such a lime flower, chamomile and lavender would be more suitable. Most

of all clean up your diet, reduce your toxic overload in the form of processed foods, dairy and sugars and see what happens! It's got to be worth a try!

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutritious Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040 www.denisekelly.co.uk

Stress and Anxiety Relief

CAN YOU IMAGINE your life without stress? Any kind stress leaves its mark on your mind and body. Even positive events such as a wedding or the birth of a child bring with them some stress and anxiety.

Acupuncture is a proven and effective treatment for stress relief and is becoming increasingly popular. Through unblocking channels with needles, the Qi in the body is able to flow freely in order to restore harmonious balance in the body. So you will find reprieve from physical symptoms, such as tense muscles, muscular pains, high blood pressure, etc. Making you will feel refreshed and energized. More importantly, regular acupuncture treatments can help strengthen your body and improve the body's immunity, so you're able to deal with the day-to-day stresses of life more effectively. Alternatively, acupressure can be applied to people who have a fear of needles. However, acupressure (massage) is often applied to clients after a session of acupuncture, in order to enhance the effectiveness of the treatment.

In fact, in some cases, acupuncture being used to treat one condition can actually help detect another, more severe illness that has not been previously identified. In such cases, acupuncture aids in early diagnosis and treatment.

Remember, acupuncture is just one method of relieving stress. It's also important to learn positive and productive ways to cope with stress on a daily basis, thereby combining them to help you enjoy a happier and healthier life.

Dr Feng Wang is an associate of the ATCM and has been practising his profession for over 18 years. He has been volunteering at CancerWise in Chichester, which has helped to improve the health of many people. He also has his own clinic in Chichester Town centre: Harmony Acutherapy Clinic, 4 the Chambers, 28 Chapel street, Chichester PO19 1DL. Call 01243 537806. Free consultations, free car parking.

Government seeks views on cosmetic surgery

A "MAJOR COSMETIC SURGERY REVIEW" has been launched, The Daily Telegraph has reported. It added that the industry faces "tough new regulations over fears that patients are being misled over the safety of procedures".

The news – picked up in most of the print, broadcast and online media – is based on a government announcement of a "call for evidence" as part of an ongoing review of cosmetic surgery and other cosmetic procedures. Professor Sir Bruce Keogh, NHS medical director, is leading the review.

The government announcement was accompanied by an opinion poll of 1,762 people which found that only half took into account the qualifications of the person treating them when deciding on cosmetic surgery. Those polled also said they were less likely to have cosmetic surgery following the news about PIP implants.

A team of surgeons, physicians, campaigners and journalists are helping Professor Keogh to gather evidence and make recommendations to the government. The review is considering:

- regulation and safety of products used in cosmetic procedures
- regulation of the skills and qualifications of people who carry out procedures
- how to ensure that organisations that do cosmetic procedures are able to look after their patients during their treatment and afterwards
- what information and advice patients need to make an informed choice – including "time for reflection"
- how to improve complaints processes so that complaints about cosmetic are listened to and acted upon
- the introduction of a national implant register, for products such as breast implants and other medical devices.

The government wants the public to share their views on these issues and their experiences of the cosmetic surgery industry and cosmetic procedures.

The Department of Health says that the review is in response to concerns raised about the industry following problems with PIP breast implants. The review was set up in January 2012 as part of the government's response to the emerging problems with the PIP implants. The new announcement highlights a call for evidence from the public.

Professor Keogh said: "The recent problems with PIP breast implants have shone a light on the cosmetic surgery industry."

He continued: "I am concerned that too many people do not realise how serious cosmetic surgery is and do not consider the life long implications – and potential complications – it can have.

"We want to hear views from everyone, particularly people who have experience of the cosmetic surgery industry or of other cosmetic interventions – good and bad – so we can learn what works best."

Professor Keogh's review group is set to publish its conclusions by March 2013. However, any recommended changes to regulation of the cosmetic surgery industry are likely to take longer than that to come into effect, due to the need to consult with interested groups.

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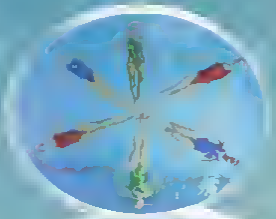

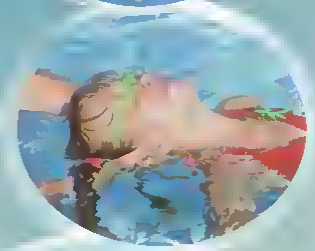

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Fashion

GOT ANY FASHION TIPS?
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Where do you get your fashion fix?

HOW DO YOU get your fashion fix? I used to go to WH Smith's, gaze over the glossy magazines and gauge their contest by the cover and the weight before considering purchasing it. However, of late I rarely consider buying from the publishing industry. For some reason, the joy of receiving a monthly magazine like Vogue, was once a ritual, it's the style bible that can at times be inspiring, but equally subjective and hard to relate to and afford its content.

> "The internet is a treasure trove of information that you can easily get lost within"

If you are not getting enough out of the experts in these glossies, you can always seek alternative mediums for fashion news. Perceptive fashion bloggers are now pioneering the way online. They can provide you with up to date fashion news and fixes, provide highly creative and inspiring news and bring unknown designers and street trends to our attention.

It is not as easy to find the blog for you as it is to walk into Smiths and glance at the glossies. Finding the type of content you want to read can be time consuming. The internet is a treasure trove of information that you can easily get lost within. To help you step into the world of blogging, I have given you my Top Five sublime blogs I am currently enjoying, feeding me with a variety of well balanced and eclectic views on art, fashion and celebrities from across the globe.

1. thecherryblossomgirl.com – Travel the world of fashion with this French delight. Beautiful photography carries you away into a virtual fashion gallery.

2. isabellecc.co.uk – A nice condensed pot full of what every woman enjoys, fashion, beauty, food and travel.

3. vintagesecret.com – Naomi Thompson, stylist and vintage shopping expert, will teach you the code and demonstrate the art of vintage dressing.

4. thestylerookie.com – Tavi Gevinson started the blog at the age of 13. It follows the typical format- straight-up photos of the blogger, scans of fashion shoots and vintage magazines, all captioned with chirpy commentary.

5. gofugyourself.com - Is a comedy blog devoted to fashion gossip. The "Fug Girls", as they are known, use their weblog to ridicule and satirize a variety of fashion disasters, whether by established stars or by starlets.

Alex Cvijovic is a Textile Designer and Illustrator. Collector of the unique. Lover of traveling, learning and creating. She is the creator of The Vintage Parade.

www.vintageparade.co.uk

Dorothy Perkins signs up Kardashians for new product range

DOROTHY PERKINS has signed a deal with the Kardashians to bring the socialite sisters Kardashian Kollection range to the UK for the first time.

Kim Kardashian announced the deal on Twitter saying "we are launching our Kardashian Kollection with @Dorothy_Perkins in the UK this fall. We could not be more excited!"

Arcadia-owned Dorothy Perkins, which is best known for catering to middle-aged women, will stock the range in more than 250 of its stores, including shops within BHS.

The Kardashian Kollection will also be sold online on the Dorothy Perkins website and will be available in a further 13 countries via franchise stores.

Dorothy Perkins will begin selling the range in mid-November, comprising more than 100 ready-to-wear pieces and handbag collections, with footwear to follow in early 2013.

Sir Philip Green, the Arcadia boss, said: "Having reviewed the product a few weeks ago, I felt that there was an excellent fit for Dorothy Perkins.

"I believe our customers will love the fashion looks. They passionately follow celebrity lifestyle, and the Kardashian sisters rank top when it comes to whom they relate to in the fashion stakes. We look forward to creating an exciting offer with this first pre-Christmas launch."

The deal was struck between Arcadia and fashion supplier Jupi Corp, the supplier of the Kardashian Kollection.

The Autumn/Winter range of the Kardashian Kollection is based on "Kim's glamorous red carpet looks, Kourtney's more Bohemian chic, and Khloe's edgier style."

50 Shades of Grey set to launch sexy fashion line

WITH ITS naughty S&M subject matter, it was only a matter of time before Fifty Shades of Grey author E.L. James decided to launch her own line of fetish-inspired fashion.

According to reports, the British writer of the best selling book trilogy has signed not one, not two, but three licensing deals to bring Fifty Shades clothing to a high street near you.

It's understood that the author has negotiated a contract with Freeze Clothing to create a line of T-shirts, knitwear and hoodies, a deal with Briefly Stated to sell loungewear and underwear, and will team up with Brand HYP to design tights, stockings and garters.

Despite having no background in fashion, E.L. James hopes to translate the success of her books (of which pricing 40million copies have been sold worldwide so far) into clothes sales.

The first book in the trilogy, which tells the story of virgin Anastasia Steele and her romance with S&M loving Christian Grey, has become the fastest-selling paperback book of all time in the UK, and is currently being scripted into a big budget Hollywood film, with much speculation about who will play the two lead roles.

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Late summer bloomers

As the warm days continue on into August, Jo Golesworthy reflects on the glorious array of late flowering plants in the garden to see us through to October.

MY SHRUB BEDS and my flowering borders are brimming with life. A combination of brightly coloured annuals such as nasturtium combined with the trusty perennials such as crocosmia are offering me a flamed display of flowers in all shapes and sizes.

In the eyes of the garden centres summer is almost over and subsequently there are a lot of sales on many plants that will flower

> "Japanese anemones come in bold bright pinks through to delicate pale mauves and whites"

through to early autumn, and depending on the weather – maybe longer.

Here are my suggestions for late purchases that will offer some delightful flowers this summer and continue through for many summers to come.

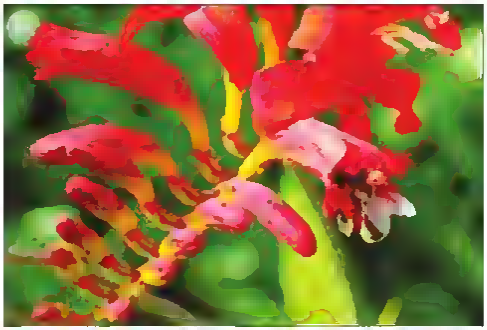
Japanese anemones: One of my favourite summer plants, they come in bold bright pinks through to delicate pale mauves and whites. A true delight and what's more, the leaves will die back over winter leaving some fantastic seed heads for winter. They'll self-seed and come back with vigour and force next year.

- Helenium - A larger flowering perennial, this daisy like splash of colour will fill your late summer borders with oranges of varying shades. Again the attractive seed heads look fabulous and the nectar is incredibly appealing to butterflies.

- Phlox - A well-used and much loved flower tiny purple and blue flowering ground plant, phlox fills a lot of gaps and happily self-seeds in the most unexpected places such as in the crack of walls or pavements. I am a firm believer in letting plants find their own homes although the roots can be disruptive to the pointing.

Hydrangea arborescens 'Annabelle': One of my absolute favourite shrubs of all time, this beautiful white cloud like flowering head produces quite the pure white display.

Sedum: The ice plant never ceases to amaze me. It's succulent stems and leaves deliver a stunning pink flower head on a tall stem that is quite dazzling.



Crocosmia 'Lucifer' attracts bees and other insects.

The bad summer weather means that there are huge numbers of plants looking for homes so shop around and see what you can find.

Jo Golesworthy

Gardener, Designer and Writer
Contact Jo via email on jgolesworthy@hotmail.com, via mobile on 07757 276794 or for more information on all areas of gardening and garden care follow her blog at www.theradiantgardener.wordpress.com

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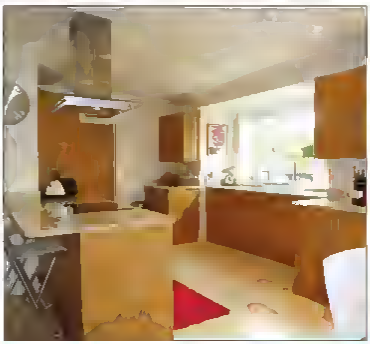

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NYETIMBER **£425,000**

A detached family house with attached self contained annexe situated in a cul-de-sac. The property is built on a larger than average plot. The specification includes g.f.h. dble glazing, cloakrm, lounge, dining rm, study, kitchen, utility rm, master bedrm with an suite shower rm, three further bedrms, bathrm. Self contained annexe with large living room incorporating a kitchenette, a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marina estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge, din.rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool

ALDWICK **£525,000**

A detached family house situated approx. 300 yards from the local shops and around a quarter of a mile from the beach. The property has been remodelled and improved by the current owners. G.F.H., large entrance verandah, cloakrm, spacious 'L' shaped lounge/dining rm, kit/break rm, dual aspect rear sitting rm with bi-fold doors opening to rear gdn, utility rm, master bedrm with an suite bathrm & balcony, three further bedrms, shower rm, gardens of approx one fifth of an acre including a Westerley rear

FONTWELL **£495,000**

An extensively refurbished and extended detached brick and flint cottage situated between Chichester and Arundel, new gas c.h., wiring and plumbing, reception hall, triple aspect lounge and vaulted ceiling conservatory, newly fitted kit/brk rm, sitting rm/study, g.f.f. bed with en suite rmes, further bedrooms, two bathrooms, dble and single garage, gardens of approx. 1/3 of an acre. Potential annexe, planning approval for ground floor master bedroom.

ALDWICK **£385,000**

An extended and well presented detached family house situated in a cul-de-sac within 400 yards of local shops and approx. 3/4's of a mile from schools and the beach. G.F.H., u.P.V.C. dble glazing and fascias, cloakrm, spacious 'L' shaped lounge/dining rm, study, kitchen, 20' conservatory, four double bedrooms (master bedroom with en suite shower rm), bathroom, en integral garage and gardens.

ALDWICK **£325,000**

A three bedroom first floor apartment in development of six in walled gardens immediately adjacent to the beach, gas central heating, u.P.V.C. double glazed, carpets, cloakroom, lounge dining room with library area, South facing balcony, kitchen, master bedroom with en suite bathroom and dressing area, second bathroom, garage, UNOBSTRUCTED SEA VIEWS

NYETIMBER **£310,000**

A detached cottage situated approx half a mile from shopping facilities and beach. G.F.H., double glazing, dual aspect lounge dining room open ng to a sun room, kitchen, utility room with cloakroom, master bedroom with en suite shower room, second bedroom, bathroom, garage. South East facing rear garden, parking for four cars and a caravan on the frontage

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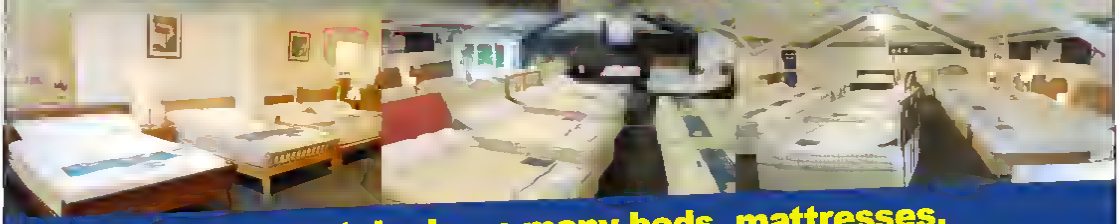

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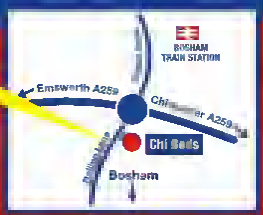

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Nyetimber | £310,000

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▪ Link Detached House ▪ Fitted Kitchen and Utility Room ▪ Four Bedrooms ▪ Driveway and Garage ▪ En-Suite Family Bathroom and WC ▪ Enclosed Rear Garden ▪ No Forward Chain ▪ Village Location

Rose Green | £275,000

▪ Detached Chalet Bungalow ▪ Lounge / Diner ▪ Three Double Bedrooms ▪ Modern Kitchen / Breakfast Room ▪ Bathroom and En-Suite To Master Bedroom ▪ Detached Garage and Driveway ▪ Central Village Location

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Aldwick | £599,000

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The fourth generation of the unique Range Rover line, the all new model has been developed from the ground up, capturing the innovative spirit and iconic design of the original model which changed the world of motoring when it was launched over 40 years ago.

The world's first SUV with a revolutionary lightweight all-aluminium monocoque body structure is 39 per cent lighter than the steel body in the outgoing model enabling total vehicle weight savings of up to 420kg.

The lightweight aluminium platform has delivered significant enhancements in performance and agility, along with a transformation in fuel economy and CO2 emissions.

In addition to the strengthened rigid lightweight body, an all-new aluminium front and rear chassis architecture has been developed with completely re-engineered four-corner air suspension. While the luxurious ride has been retained, the vehicle's handling and agility have been significantly improved. The new suspension architecture delivers flatter, more confident cornering, with natural and intuitive steering feel.

John Edwards, Land Rover Global Brand Director, said: "The new Range Rover preserves the essential, unique character of the vehicle – that special blend of luxury, performance and unmatched all-terrain capability. However, its clean sheet design and revolutionary lightweight construction have enabled us to transform the experience for luxury vehicle customers, with a step change in comfort, refinement and handling."

The all new Range Rover has a clean and elegant shape which is derived from a fresh new interpretation of Range Rover design cues. While instantly recognisable as a Range Rover, the new vehicle takes a significant step forward with a bold evolution of the model's iconic design language.

"Designing the next generation Range Rover, following over forty years of success, came with a huge responsibility to protect the DNA of such an icon," said Gerry McGovern, Land Rover Design Director and Chief Creative Officer.

"Our design team worked incredibly hard to capture the elegant proportions and pure surfaces which have been a feature of the best Range Rover designs."

With Land Rover strength at its heart, the new model has been engineered from the ground up to be the most capable, most refined Range Rover ever.

Amongst the industry-leading innovations is a ground-breaking next-generation version of Land Rover's Terrain Response® system, which analyses the current driving conditions and automatically selects the most suitable vehicle settings for the terrain.

Within the cabin, the all-new Range Rover provides occupants with a sensation of serene isolation, meeting the highest luxury car standards for refinement.

Measures like the rigorously optimised body structure and acoustic lamination of the windscreen and side door glass have significantly reduced noise levels, while the new suspension architecture has enabled engineers to achieve even more luxurious ride comfort and refinement.

The sumptuous interior incorporates distinctive Range Rover design cues, but executed with a very contemporary treatment, and clean, elegant surfaces which are flawlessly presented using the finest leathers and veneers. With over 118mm more legroom, the rear occupants benefit from vastly increased space and comfort, with the option of a new two-seat Executive Class seating package for the ultimate in rear-seat luxury.

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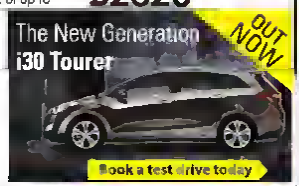

*Trade price after maximum guaranteed part exchange allowance. T&C apply. To qualify for Part X allowance, vehicle must be up to 100,000 mileage and up to 11 years old with current road tax. ^ All monthly payments are based on 4 year term with 6 months rentals as deposit, mileage restrictions apply. All prices include VAT @ 20%. † Source: www.10compare.co.uk Survey based on avg price across new HA prices after guaranteed maximum part exchange allowance.

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Cricket

Chi sick of Beer

CHICHESTER Priory Park suffered defeat at the weekend as they were comfortably beaten by Horsham in the Premier Division.

Horsham were always in control at home to Chichester who collapsed to 126 all out after early promise from Chris Kirkham with 57 and 28 from skipper Mark Bamford. It was once again the Horsham spinners who did the damage, Will Beer taking 4 for 23 and Michael Munday 3 for 11. Beer was also in form with the bat, he made 52 and Elliot Cloy 34 to take Horsham home at 125 for 2 from 40 overs.

DIVISION THREE (WEST)

Middleton's lead at the top of the table was cut to 20 points despite them beating Steyning at home. Dave Kennett top scored with 65 as Steyning posted 208 5 96 not out from Nikolai Smith and Rob Maier's 54 earned Middleton a five wicket win spoilt only by them obtaining an bowling points.

Bognor had a disastrous afternoon at home to Billingshurst and the ensuing 8 wicket defeat saw the visitors go above them into second. Only Josh Seward with 39 resisted Billingshurst's attack for long as Andy Barr's 5-28 was chiefly responsible for Regis crashing to just 106 all out. Carleon

Broome's 62 completed the rout.

Arundel put clear daylight between themselves and the relegation place by beating Storrington by just 5 runs. Nick Hunt took 6-38 in the Arundel innings but their 150-9 was just enough.

Pagham and Wisborough Green drew with Green 166-7 at the close in reply to Pagham's 251-9. Green are just 3 points clear of Littlehampton after the latter overhauled Shifford's 216. Amjad Mehsud and Ryan Budd taking 3 wickets each. Chris Heberlein then blasted 137 to give Littlehampton every chance of beating the drop despite 4-79 from Hayden McIntyre.

Beach Soccer

Showing young people how it's done

Participants in the Women's England Beach Soccer Team go through a few quick drills. Ruby Jordan Martin (13) and Daniel Gladwin (12) battle it out for the ball as Women's England Beach Soccer Coach Danny Watt looks on

ENGLAND'S Beach Soccer team have shown around 100 young people how the sport works as part of Chichester District Council's summer of sport.

Boys and girls aged 6-15 years received beach soccer coaching from players and coaches of the Women's England National Beach Soccer Team on West Wittering Beach.

"It was great for the young people to meet the players and coaches of the England team. They took part in training drills and exercises with the children, and then played full five-a-side games of Beach Soccer, using regulation size pitches and goals," says Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing, and Community Services at Chichester District Council.

"Many of the children had played football before – be it with their friends at school or at the park with family, but had never played beach soccer. There were lots of different techniques for them to learn and they all did really well.

"We would also like to say a huge thank you to David Piper, manager of the West Wittering Estate for allowing us to use the beach – the event wouldn't be possible without his kind generosity."

The event was organised by Chichester District Council, the University of Chichester and the national body for the sport – England Beach Soccer.

Jordan Martin, 13 from West Wittering, enjoyed the day. "I love football, but this is the first time I've played it on the beach like this. I'm really enjoying it."

Daniel Gladwin, 12 from Chichester, added: "I've played football on the beach before but not like this, as part of a club. It's really fun. My favourite bit is the battle, where we try to get to the ball first and score."

Cricket

Magoffin cleans up

STEVE Magoffin continued his excellent summer for Sussex by claiming both the Porsche Performance of the Month and the Old Forge Restaurant Player of the Month Awards for July.

The Australian overseas star has been in impressive form for Sussex this season and he bounced straight back into the LV= County Championship following the break for Friends Life t20 with some inspired performances.

The Porsche Performance of the Month was awarded for his all round display as Sussex narrowly beat Durham at Arundel Castle. He claimed figures of 6 for 22 and also scored a crucial 23 with the bat as the hosts edged to their winning target of 94.

This award is judged by members of the Players Club at The PROSIZ County Ground, Hove and Steve wins the use of a Porsche for a weekend of his choice, kindly supplied by our sponsors at Porsche Centre Mid Sussex.

In his three LV=CC matches in July, Magoffin took 11 wickets whilst making some vital contributions in the lower order which has also bagged him The Old Forge Restaurant Player of the Month.

Steve wins a meal for two at The Old Forge Restaurant in Storrington. The award began back in 1991 and former Sussex wicketkeeper Martin Speight was the first player to receive the award.

Cricket

Andrew Hodd joins Yorkshire on loan

SUSSEX'S Chichester-born wicketkeeper batsman Andrew Hodd has joined Yorkshire on loan for the remainder of the 2012 season, although he will only be eligible for LV=County Championship cricket.

25-year-old Hodd made his first-class debut for Sussex in 2003 and will play for the Division Two side who are pushing for promotion back to the top flight.

Hodd has found first team cricket hard to come by at The PROSIZ County Ground this season having not featured across any of the three formats and he hasn't featured in four-day cricket for Sussex for over a year. He will be available for all four of the Headingley outfit's remaining matches.

Sussex's Professional Cricket Manager Mark Robinson said: "This is a great opportunity for Andrew to play some first-class cricket for a side challenging for promotion and all at Sussex wish him all the best.

"We still have the option to recall him should anything happen but most importantly it is a chance for Andrew to play some first team cricket."

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